

Montgomery County
RECREATION
DEPARTMENT

**Montgomery
Parks**
M-N C P P C

MONTGOMERY COUNTY

GUIDE

RECREATION AND PARK PROGRAMS | SUMMER
2006



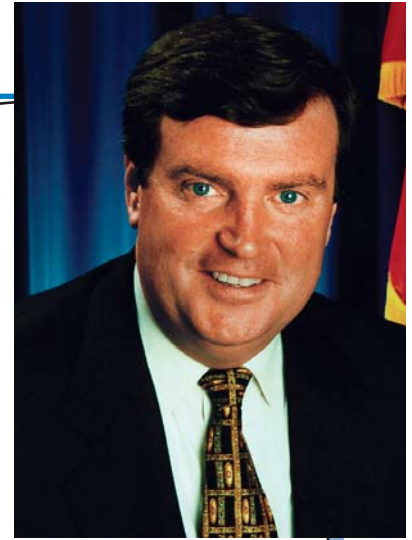
From the County Executive



OFFICE OF THE COUNTY EXECUTIVE ROCKVILLE, MARYLAND 20850

Douglas M. Duncan
County Executive

Summer 2006



Dear Montgomery County Resident:

Our Recreation and Parks departments have a wonderful and interesting selection of classes and activities included in this Summer Guide, so now is the time to take advantage of the warm temperatures and long days by signing up for a recreational class or sports league.

For a fun way to spend a summer evening, check out the annual Summer Concert in the Park series which will be held beginning in June and running through August. The free programs offer music and entertainment suitable for the whole family. On Tuesday evenings, the concerts are held at Cabin John Regional Park, Wheaton Regional Park holds its concerts on Wednesday evenings and Whalen Park in Poolesville hosts concerts on Sundays. For a complete schedule and more information on the performers, check out the Recreation website at www.montgomerycountymd.gov/rec

And, this year, the County's Independence Day Celebration will be held in the Upcounty area on Saturday, July 1. Germantown Glory will take place at the Soccerplex in the South Germantown Recreational Park on Schaeffer Road in Boyds, beginning with a kids concert at 5:00pm, followed by a patriotic concert performed by the Baltimore Symphony Orchestra at 7:30pm. The celebration will conclude with a spectacular fireworks display.

Have a healthy and relaxing summer, and I hope you have an opportunity to enjoy at least one of the many offerings that the County has planned for you and your family

Sincerely,

A handwritten signature in blue ink that reads "Doug Duncan".

Douglas M. Duncan
County Executive



www.montgomerycountymd.gov

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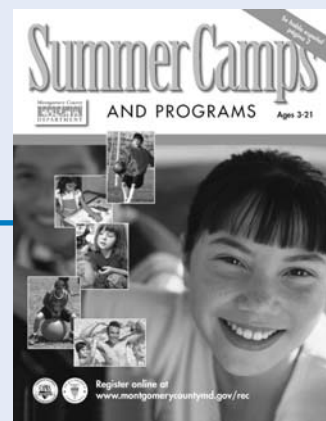
Se Habla Español

Si está interesado en obtener más información del Departamento de Recreación sobre los programas, proceso de asistencia financiera, actividades, centros recreativos, clases, eventos especiales, o oportunidades de empleo, por favor llamen al 240-777-6839. Ofrecemos una variedad de actividades en donde personas de todas las edades pueden participar. Si tienen ideas o sugerencias de otros tipos de programas, por favor llamen al 240-777-6839.

**Make your
summer
plans today!**

**Our camps are...
Great for Kids!
Easy for Parents!**

**www.montgomerycountymd.gov/rec
or call 240-777-6870**



Summer Sounds in the Parks



Cabin John Regional Park

Tuesday June 20th
Commodores

Tuesday June 27th
Annapolis Bluegrass Coalition

Tuesday July 11th ☺
Flumpa & Friends Live!

Tuesday July 25th
The Ron Gartner Show

Tuesday August 8th
Rita Clark and The Naturals

Tuesday August 22
David Bach Consort

Wheaton Regional Park

Wednesday June 7th
Cruisers

Wednesday June 21st
Annie Sidley Band

Wednesday July 12th
Cletus Kennelly and Lori Kelley

Wednesday July 26th ☺
Speed thro-Magic Show

Whalen Park Poolesville

Sunday June 11th
The Back Page Band

Sunday June 25th ☺
Speed thro-Magic Show

Sunday July 9th ☺
Mr. Brian and the Boppets

Sunday August 13th
Project Natale

Sunday August 27th ☺
Ray Owens

☺ Specially suited for
children and
families

Musical entertainment
for the whole family.
Bring blankets or lawn chairs,
maybe a picnic, and enjoy
one of summer's great joys.

Concerts start at 7:00pm. In case of inclement weather, concert will be cancelled.

Call 240-777-6820 for information or see montgomerycountymd.gov/rec

What's New!

June Events

- 3 **Blue Hawaii Dance** Holiday Park Senior Center. 7:00-10:00pm. Dances include a DJ, light refreshments. Teens and adults, ages 15 and up, with disabilities. Wear your Hawaiian shirt. Cost: \$5 club members; \$7 non-club members. 301-468-4540
- 14 **The Low Down on Auto Repair** Schweinhaut Senior Center. 10:30am. The Maryland Cooperative Extension aims to help consumers determine honest auto repair shops and bills, and to know what to do if you feel you have not been treated fairly. Seniors. Free. 301-681-1255
- 17 **East County Community Day Festival** East County Community Center. 1:00-5:00pm. Music, Food, Fun and Community. This is an event for the entire family! Free. 301-572-7004
- 27 **Summertime Variety Show** Damascus Senior Center. 1:00pm. "Summertime" is a variety show where the Damascus Seniors act, sing, and dance on stage. Free. 240-777-6995
- 30 **Music, Music, Music!** Schweinhaut Senior Center. 1pm. Donato Sorano, a classically trained trio, brings the music of operettas and musical theater to the Center. This program is funded in part by the Maryland State Arts Council Arts in the Community's Grant. Free. 301-681-1255



July Events

- 3 **Fourth of July Celebration Luncheon** Schweinhaut Senior Center. 11:30am-2:00pm. Attend by senior lunch reservation only. Enjoy a hamburger, hot dog, and all the trimmings as well as a fine afternoon of entertainment. Cost of the senior nutrition lunch is \$4.38. 301-681-1255
- 9 **16th Annual Early Ford V8 Car Show** Longwood Community Center. 8:00am-2:00pm. Classic Car Show. Information available about awareness and restoration of historic vehicles. Free for spectators. (Exhibitors must register and pay registration in advance to participate.) 301-570-1200
- 15 **Bingo and Beach Blanket Dance** Holiday Park Senior Center. 6:00-10:00pm. Play summer bingo and dance to a DJ, pizza and light refreshments. Teens and adults, ages 15 and up, with disabilities. Cost: \$10.00. 301-468-4540



August Events

- 10 **Indian Classical Dance: Kuchipudi** Schweinhaut Senior Center. 2:00-3:30pm. Live theatrical dance production presented by Nilimma Devi and her dance students. Kuchipudi is a genre of classical Indian dance that portray heroines from Indian culture and history. Vibrant costumes, wonderful taped music, and an introduction to each piece are all you need for a fascinating entertainment experience. Free. 301-681-1255
- 14 **17th Anniversary Children's Day VIP Program** at the County Fair Co-sponsored by the Montgomery County Agricultural Fair and the City of Gaithersburg. The Children's Day at the Fair Committee is asking for help in identifying children who would benefit from this program. In order to be selected a Children's Day VIP, the child must be a resident of Montgomery County between the ages of five and twelve years old and must have a severe disability or life-threatening illness. The family must also be able to attend the Fair on August 14 as honored guests. If you know of a child or children (who have not yet been a VIP) who you feel would benefit from this very special program, please call 301-468-4540 for an application form.

Classes: Complete list of new classes listed on page 51.

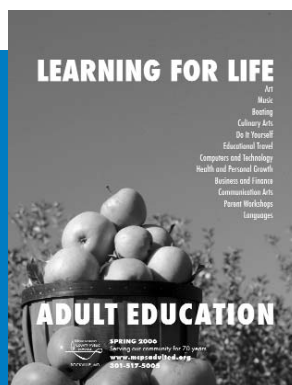


Adult Ed Classes Moving to Recreation . . .

Looking for your favorite Adult Ed leisure classes? Look no farther—you'll find them here! After 70 years, the Montgomery County Public Schools (MCPS) will no longer offer adult education courses, but don't worry. Art, cooking, health and personal growth and music classes are moving to the Recreation Department!

Recreation and MCPS have been working closely to ensure a smooth transition, and many instructors and classes will continue throughout the county. Most of these classes will start in fall, but we have a few of the classes ready for this summer. Look for the apple to identify these new classes!

Adult Ed's business, communication, computer, language, parent education, and SAT Prep courses will now be offered by Montgomery College.



*Time is
running
out!*



Summer Camps

AND PROGRAMS

Ages 3-21

Camps begin June 19
Fun for kids!
Great for Parents!

Act now
while openings
are still available

www.montgomerycountymd.gov/rec
or call 240-777-6870

(Also check out the Summer Employment Opportunities)

Give your child a Summer to remember.

Summer Fun Centers are for children ages 5-12. Fun Centers offer a variety of organized and supervised activities including games, sports, arts & crafts and special events.

A six-week program meets June 26-August 4. For more information contact the regional office nearest you:

Bethesda-Chevy Chase Region (Potomac, Darnestown, Chevy Chase and Bethesda)	240-777-6900
East County Region (Burtonsville, Fairland and Route 29 corridor)	240-777-4980
Mid County Region (Olney, Sandy Spring, Aspen Hill, Kemp Mill and Wheaton)	240-777-4930
Silver Spring Region (Silver Spring, Kensington, Garrett Park and Takoma Park)	240-777-4910
Upcounty Region (Gaithersburg, Laytonsville, Poolesville, Damascus and Germantown)	240-777-6940

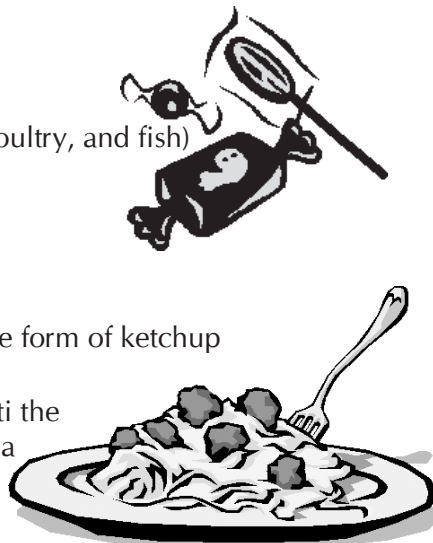


WELLNESS FEATURE

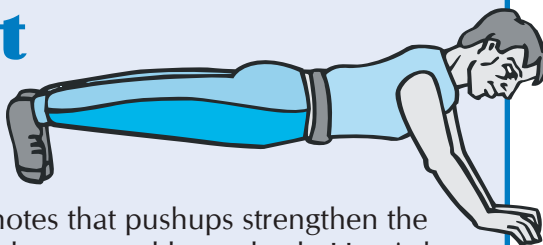
What America Eats

According to the NPD Group, a market research firm, the average American family of four eats 6,000 pounds of food a year. Here's how that breaks down per person (compiled by various affiliated associations):

- 25 gallons of milk a year
- 19.5 gallons of bottled water
- 211 pounds of meat (red meat, poultry, and fish)
- 125 pounds of potatoes
- 24 pounds of candy
- 53 pounds of bread
- 30 pounds of lettuce
- 22 pounds of tomatoes, half in the form of ketchup and tomato sauce
- 20 pounds of pasta, with spaghetti the most popular, followed by lasagna
- 68 quarts of popcorn
- 24 quarts of ice cream
- 46 slices of pizza, with pepperoni being the favorite topping
- 4.5 pounds of broccoli.



The Perfect Pushup



Fitness expert Joni Hyde notes that pushups strengthen the chest, shoulders, arms, abdomen, and lower back. Here's her formula for a perfect pushup:

1. Lie face down on a mat.
2. Place hands on either side of your shoulders; place legs shoulder-width apart.
3. Use your hands to push up off the mat. If you're a beginner, keep your knees on the mat; as you advance, lift your body off the mat with your feet.
4. Pause for a moment.
5. Exhale as you slowly lower your body toward the floor. Don't go all the way down - your chest should come within two inches of the mat.

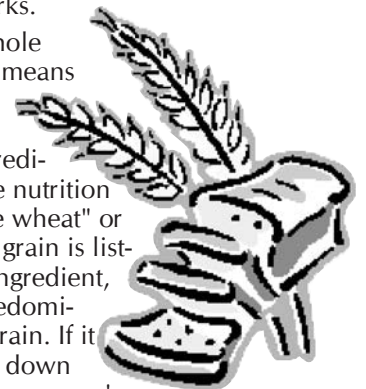
Start with five a day and work up to 30 to 40 a day from there.

Understanding Whole Grain Labels

If you're a health-conscious consumer, you may want to choose whole grain breads. "Stone-ground wheat bread" sounds wholesome, but labels can be misleading, and that rich brown color may have come from molasses. So it's important to check the fine print.

- "100 percent whole wheat" or "100 percent whole grain" means that only whole grains were used. Nutritionists give these breads the highest marks.
- "Made with whole grains" merely means that whole grains were among the ingredients. Check the nutrition label. If "whole wheat" or another whole grain is listed as the first ingredient, the bread is predominantly whole grain. If it appears farther down the list, chances are you're not getting much whole grain.
- "Wheat bread" only means that the bread was made with wheat - as just about all white breads are. "Stone-ground" describes the method of milling the flour, but doesn't indicate that whole grains were used.

The Whole Grains Council has introduced labeling that identifies products that are "a good source" of whole grains (a half serving), "an excellent source" (a whole serving), or "100 percent excellent," indicating a full serving and that all grains are whole.



Flip through and find a class that is fit for you!! Register TODAY!

AQUATICS PROGRAMS

The Department of Recreation operates four indoor swimming pools and seven outdoor pools to serve Montgomery County residents. These pools are accessible to individuals with disabilities. You may obtain information regarding schedules and hours of operation of each pool by using our web site or calling the facilities listed below. Swim lessons, swim teams and all other programs are available at each pool, and may be registered online through our web site, or see registration information on page 12.

Outdoor Pools

Outdoor Pool phones will not be answered until May 27.

Bethesda Pool 301-652-1598

Little Falls Pkwy & Hillandale Road (near Arlington Road), Bethesda

Facilities include a 6-lane, 50-meter long course Z-shaped main pool with a separate diving well (1-meter and ½-meter diving boards and a small water slide), a new 6-lane 25-meter lap pool, a teach pool, a new tot pool, bathhouse, snack bar and lawn areas with shade structures.

Germantown Outdoor Pool 301-601-1690

18905 Kingsview Road (at Clopper Road), Germantown

Facilities include an 8-lane, 25-meter main pool with two diving boards, a freeform shallow water leisure pool and two large water flumes and kiddie slide, tot pool, snack bar, bathhouse and lawn areas.

Long Branch Pool 301-431-5700

8700 Piney Branch Road (1 block south of University Blvd.), Silver Spring

Includes a 6-lane, L-shaped, 25-meter main pool, junior pool, tot pool, snack bar, bathhouse and lawn areas.

Martin Luther King Jr. Outdoor Pool 301-622-1090

1201 Jackson Road, Silver Spring

Facility features a 6-lane, 50-meter L-shaped main pool, with an 8-lane, 25-meter course into the diving area, which offers a 1-meter board. The separate leisure pool consists of a shallow water lagoon with slides and water play features, surrounded by a circular "Lazy River" for riding inner tubes with the current. Also provided are a bathhouse with showers, first aid areas, a separate tot pool and lawn areas with shade structures.

Wheaton/Glenmont Pool 301-929-5460

12621 Dalewood Drive (off Randolph Road between Connecticut and Georgia Avenues near Wheaton High School), Wheaton

Facilities include a 6-lane 50-meter main pool and an 8-lane 25-meter swim course, with 1-meter and ½-meter diving boards. A separate shallow water leisure pool has fountains, sprays and kiddie slides. An activity pool has two flume slides and crosswalks. A tot pool, snack bar, bathhouse and lawn areas are also provided.

Upper County Outdoor Pool 301-840-2446

8211 Emory Grove Road (at Route 124), Gaithersburg

Facilities include 8-lane 25-meter main pool with two 1-meter diving boards, a separate shallow water leisure pool with a water slide, tot pool, snack bar, bathhouse and lawn areas.

Western County Outdoor Pool 301-349-2217

20151 Fisher Avenue, Poolesville

Facilities include an 8-lane, 25-meter main pool with 1-meter and ½-meter diving boards, a separate 2-level shallow water leisure pool with small slides and water umbrella, tot pool, snack bar, bathhouse and lawn areas.

Schedule of Outdoor Pool Operations

Pre-season Schedule: (May 27-June 11) The pools open for recreational swim from 12:00noon to 6:00pm on weekends (and Memorial Day.) Weekdays, the pools are **closed** from May 30-June 9.

Summer Season: June 12-August 20, Weekday mornings are programmed with swim lessons, team practices, day care and camp swim. Public recreational swim begins at 1:00pm on weekdays (12:00pm at Western only) and generally ends at 8:00pm. On weekends, the pools open at 12:00noon and close at 8:00pm. From June 19 into August, Bethesda Pool will have an Early Bird Swim on weekdays, for a reduced fee. 8:30am-9:50am. Check schedule at the pool. Long Branch Pool and Upper County Pool will be closed on Fridays.

Post Season: (August 21-Labor Day) MCPS starts school on August 28. Some pools will close as of August 28, while others operate on limited days and hours. Schedules will be posted at each pool. Note: Outdoor pools will be closed at times when the air temperature drops below 70 degrees or when there is a rain storm in progress.

Outdoor Pools Recreational Swim Fees

County Minors: \$4.00

County Seniors (55+) with ID: \$4.50

County Adults: 18-54 yrs old: \$6.00

Twilight Fees (after 5:30pm): All fees reduced

Non-County Resident Fees are higher

Discount admissions are available to County and non-County residents. The patron pays for 10 admissions at regular price and receives 12 admissions (10 paid and 2 free). Check with pool for additional information.

Summer Pool Passes: In lieu of paying an admission fee at each visit, a Family Swim Pass is available for Montgomery County families for \$250, which includes husband and wife, (or one parent and one adult guardian), and up to four single legal dependent children under 21 years of age residing at the same address. Add \$20.00 for each additional child. Additional adults are not included in the definition of family, but are eligible for individual passes, or they may pay the daily admission fees. An Individual Swim Pass costs \$170. Program and pass information, as well as admission costs will be available at the county libraries, community centers, and indoor pools after May 1.

Pass application forms may be obtained online or will be mailed from the Recreation Department upon request. Outdoor Pool Passes are valid at all MCRD Outdoor Pools, but are not valid at MCRD Indoor Pools.

Indoor Pools

MCRD indoor pools will continue to offer regular programs through most of the summer weeks. However, each facility will close for two weeks in August for draining, cleaning and yearly maintenance. Indoor passes are good at the outdoor pools.

Germantown Indoor Swim Ctr (GISC) 240-777-6830

18000 Central Park Circle, Boyds
(South Germantown Recreational Park)

Includes a 25-meter by 25 yard competition pool, a recreation pool and a leisure pool, as well as two spas, a weight and exercise room, all-purpose room and locker/shower facilities. The competition pool will also include a dive tower with two one-meter and two three-meter diving boards, plus multiple level water slides.



Martin Luther King, Jr Swim Ctr (MLK) 301-989-1206

1201 Jackson Road, Silver Spring
(off New Hampshire Ave, south of Randolph Rd)

Includes an 8-lane, 25 yard pool with movable bulkhead, allowing for separate diving area with 1- and 3-meter boards, a separate warm water teach pool with shallow water for easy access, 2 spas, weight and exercise room, all purpose room, locker and shower facilities.

Montgomery Aquatic Center (MAC) 301-468-4211

5900 Executive Boulevard, N. Bethesda
(between Nicholson Ln and Old Georgetown Rd)

Includes an 8-lane, L-shaped main pool, divided into two 25-meter swim areas, a warm water leisure pool, two spas, an interior water slide, an exercise room, snack bar, locker and shower facilities, saunas, lighted outdoor jogging trail and enclosed racquetball courts.



Olney Indoor Swim Center (OSC) 301-570-1210

16601 Georgia Avenue, Olney
(in the Olney Manor Park)

Includes an 8-lane, 25-yard pool and separate diving area with 1- and 3-meter boards, a shallow warm water free form leisure pool, two spas, saunas, weight and exercise room, all purpose room and locker and shower facilities.

Exercise your Mind & Body at

Lifeguard University

Aquatics 240-777-6860

- A FREE course for youth, male and female, age 13 and up who show interest and aptitude to become a lifeguard.
- This course will be offered at the Long Branch Outdoor Pool located at 8700 Piney Branch Road, Silver Spring,, Maryland 20910
- Tuesday and Thursday, July 11, 13, 18, 20, 25 and 27, 11:00am-1:00pm. After the end of your course each class day, you may stay and practice on your own.

The Lifeguard University (Course #157750) is a free program. Upon successful completion of this course, we will also encourage you to register for one of our Lifeguard Training Courses (LGT). If you agree to work for MCRD Aquatics for one year the LGT course will be FREE (a small book fee will apply). You must be at least 15 and pass a swimming test.

Now Hiring Part Time Staff!

Part-time temporary work is available at the outdoor and indoor pools for Lifeguards, Instructors, Cashiers and Swim Coaches. Training and certification is available. For more information, contact a facility supervisor at the indoor pool nearest you, or call the Aquatics Office at 240-777-6860.



Indoor Pool Rentals-Parties

GISC, MAC, OSC, and MLK have times available for rental by groups. Party Rooms are available for rent. Contact the pool managers for available times and fees.

Water Fitness Classes



Water Exercise, Deep Water Running, Water Aerobics, Arthritis Exercise, Abs & Glutes, and Body Sculpting classes are offered at each indoor pool and some outdoor pools. For course descriptions, dates, days and times see below or pick up a schedule at any of our pools or call the Aquatics Office of the Recreation Department. The schedule also appears online.

- The program fee covers only the class and locker room use. If you wish to use the facility before or after class you must pay the admission.
- No swimming experience is necessary.
- Both men and women of all ages are welcome.
- Physician release form is required if you are pregnant.
- Physician consultation is recommended prior to participation in any exercise program.

Instructors:

Wellness Network: Linda Costello 301-924-3488
wellnet1@aol.com

Waterworks: Sally Dimsdale 301-593-1609
sallyswaterworks@msn.com

H2O Fitness: Peggy Brower 301-603-1328
browsers4@aol.com

Abs & Glutes

Shallow water class with focus on Abs and Glutes. Water gloves are recommended and can be purchased at class.

9 Sessions \$48.00

Instructor: Peggy Brower

153604	ML King SwC	6/5	M	9:30am-10:20am
153605	ML King SwC	6/7	W	9:30am-10:20am

Aqua Core Power

Aerobic workout focusing on the core, building stamina and strength. Improvements will be made in posture, balance and muscle tone. Strength training is a part of this class. Gloves are recommended and can be purchased from the instructor.

9 Sessions \$48.00

Instructor: Peggy Brower

155290	Germantown Indr SwC	6/5	M	9:30am-10:20am
155504	ML King SwC	6/6	Tu	8:30am-9:20am
155291	Germantown Indr SwC	6/7	W	9:30am-10:20am
155505	ML King SwC	6/8	Th	8:30am-9:20am
155292	Germantown Indr SwC	6/9	F	9:30am-10:20am

Instructor: Network, Inc Wellness

155293	ML King SwC	6/6	Tu	8:00pm-8:50pm
155294	ML King SwC	6/8	Th	8:00pm-8:50pm

Deep Water Running & Exercise

Cardiovascular exercise with no weight bearing stress. Beneficial for crosstraining and/or rehabilitation requiring the cushioning of deep water. Deep Water belt (required) may be purchased at the pool for \$20.

9 Sessions \$48.00

Instructor: Peggy Brower

153709	ML King SwC	6/5	M	1:00pm-1:50pm
154593	Germantown Indr SwC	6/5	M	10:30am-11:20am
153713	ML King SwC	6/6	Tu	7:00pm-7:50pm
153755	Germantown Indr SwC	6/6	Tu	8:30pm-9:20pm
153711	ML King SwC	6/7	W	1:00pm-1:50pm
154596	Germantown Indr SwC	6/7	W	10:30am-11:20am
153714	ML King SwC	6/8	Th	7:00pm-7:50pm
153756	Germantown Indr SwC	6/8	Th	8:30pm-9:20pm
153716	ML King SwC	6/10	Sa	9:00am-9:50am
153717	Upper County Pool	6/20	Tu	7:00pm-7:50pm
153718	Upper County Pool	6/22	Th	7:00pm-7:50pm

Instructor: Sally Dimsdale

153731	Montgomery AqC	6/5	M	8:30am-9:20am
153732	Montgomery AqC	6/5	M	1:30pm-2:20pm
153733	Montgomery AqC	6/6	Tu	10:00am-10:50am
153739	Montgomery AqC	6/6	Tu	7:30pm-8:20pm
153734	Montgomery AqC	6/7	W	8:30am-9:20am
153735	Montgomery AqC	6/7	W	1:30pm-2:20pm
153736	Montgomery AqC	6/8	Th	10:00am-10:50am
153740	Montgomery AqC	6/8	Th	7:30pm-8:20pm
153737	Montgomery AqC	6/9	F	8:30am-9:20am
153738	Montgomery AqC	6/9	F	1:30pm-2:20pm
154104	Germantown Indr SwC	6/10	Sa	9:30am-10:20am
153715	Bethesda Pool	6/18	Su	8:00am-8:50am
155458	Bethesda Pool	6/19	M	8:00pm-8:50pm
155459	Bethesda Pool	6/21	W	8:00pm-8:50pm

Instructor: Network, Inc Wellness

153726	Olney SwC	6/5	M	7:00pm-7:50pm
153758	Germantown Indr SwC	6/5	M	7:30pm-8:20pm
153728	Olney SwC	6/5	M	6:30am-7:20am
153710	ML King SwC	6/6	Tu	7:30pm-8:20pm
153719	Olney SwC	6/6	Tu	8:00pm-8:50pm
153720	Olney SwC	6/6	Tu	8:30am-9:20am
153724	Olney SwC	6/6	Tu	10:30am-11:20am
153759	Germantown Indr SwC	6/6	Tu	9:30am-10:20am
153727	Olney SwC	6/7	W	7:00pm-7:50pm
153729	Olney SwC	6/7	W	6:30am-7:20am
153760	Germantown Indr SwC	6/7	W	7:30pm-8:20pm
153712	ML King SwC	6/8	Th	7:30pm-8:20pm
153721	Olney SwC	6/8	Th	8:00pm-8:50pm
153722	Olney SwC	6/8	Th	8:30am-9:20am
153725	Olney SwC	6/8	Th	10:30am-11:20am
153761	Germantown Indr SwC	6/8	Th	9:30am-10:20am
153723	Olney SwC	6/9	F	6:00pm-6:50pm
153730	Olney SwC	6/10	Sa	9:00am-9:50am



Water exercise classes focus on aerobic intensity and muscle toning for all ages.

Water Aerobics

Fast-paced aerobics class done in shallow water. High intensity workout uses water to cushion feet, knees and back. Emphasis on cardiovascular conditioning.

9 Sessions \$48.00

Instructor: Sally Dimsdale

153862	Montgomery AqC	6/5	M	9:30am-10:20am
153858	Montgomery AqC	6/6	Tu	8:30am-9:20am
153860	Montgomery AqC	6/7	W	9:30am-10:20am
153859	Montgomery AqC	6/8	Th	8:30am-9:20am
153861	Montgomery AqC	6/9	F	9:30am-10:20am

Instructor: Network, Inc Wellness

153868	Germantown Indr SwC	6/5	M	8:30pm-9:20pm
153863	Olney SwC	6/6	Tu	7:00pm-7:50pm
153865	Olney SwC	6/6	Tu	9:30am-10:20am
153870	Germantown Indr SwC	6/6	Tu	10:30am-11:20am
153869	Germantown Indr SwC	6/7	W	8:30pm-9:20pm
153864	Olney SwC	6/8	Th	7:00pm-7:50pm
153866	Olney SwC	6/8	Th	9:30am-10:20am
153871	Germantown Indr SwC	6/8	Th	10:30am-11:20am
153867	Germantown Outdr	6/24	Sa	10:00am-10:50am

Water Exercise for Arthritis

Specially modified class for those who have arthritis and who cannot participate in regular exercise classes.

9 Sessions \$48.00

Instructor: Sally Dimsdale

153874	Montgomery AqC	6/5	M	11:00am-11:50am
153875	Montgomery AqC	6/7	W	11:00am-11:50am
153876	Montgomery AqC	6/9	F	11:00am-11:50am

Instructor: Network, Inc Wellness

153877	Olney SwC	6/5	M	10:00am-10:50am
153872	ML King SwC	6/6	Tu	10:30am-11:20am

153880	Germantown Indr SwC	6/6	Tu	11:30am-12:20pm
153878	Olney SwC	6/7	W	10:00am-10:50am
153873	ML King SwC	6/8	Th	10:30am-11:20am
153881	Germantown Indr SwC	6/8	Th	11:30am-12:20pm
153879	Olney SwC	6/9	F	10:00am-10:50am

Water Exercise

Multi-level aerobics class using water resistance to increase range of motion, strengthen muscles and improve cardiovascular fitness. It is not necessary to get your face wet.

9 Sessions \$48.00

Instructor: Peggy Brower

153882	ML King SwC	6/5	M	8:30am-9:20am
153905	Germantown Indr SwC	6/6	Tu	7:30pm-8:20pm
153884	ML King SwC	6/7	W	8:30am-9:20am
153906	Germantown Indr SwC	6/8	Th	7:30pm-8:20pm
153886	ML King SwC	6/9	F	8:30am-9:20am

Instructor: Sally Dimsdale

153887	Montgomery AqC	6/5	M	8:30pm-9:20pm
153888	Montgomery AqC	6/6	Tu	11:30am-12:20pm
153893	Montgomery AqC	6/6	Tu	8:30pm-9:20pm
153889	Montgomery AqC	6/7	W	8:30pm-9:20pm
153890	Montgomery AqC	6/8	Th	11:30am-12:20pm

Instructor: Network, Inc Wellness

153896	Olney SwC	6/5	M	8:00pm-8:50pm
153898	Olney SwC	6/5	M	9:00am-9:50am
153894	Olney SwC	6/7	W	9:00am-9:50am
153897	Olney SwC	6/7	W	8:00pm-8:50pm
153895	Olney SwC	6/9	F	9:00am-9:50am

Land-Based Instruction

Beginner Ball & Pilates

This is a land-based Beginner Mat Pilates for 1/2 hour and second 1/2 hour beginner ball class with weights. Focus will be on core strengthening, firming abs and glutes, and stretching. Ball and Mat are needed.

9 Sessions \$69.00

Instructor: Peggy Brower

153606	ML King SwC	6/6	Tu	10:00am-11:00am
153607	ML King SwC	6/8	Th	10:00am-11:00am

Body Sculpting

A land-based class designed for cross training with water fitness classes. Focus is on Abs, Glutes, legs and upper body

9 Sessions \$48.00

Instructor: Sally Dimsdale

153609	Montgomery AqC	6/6	Tu	6:30pm-7:20pm
153610	Montgomery AqC	6/8	Th	6:30pm-7:20pm
153608	Montgomery AqC	6/9	F	7:30am-8:20am

Pilates (Stretch & Strengthen)

This new class combines strengthening poses, breathing techniques and body alignment to strengthen and lengthen the muscles. It is a perfect way to increase mind-body awareness, decrease stress, and relax the spirit. Please bring mat or purchase at class for \$25.00.

9 Sessions \$69.00

Instructor: Sally Dimsdale

153909	Germantown Indr SwC	6/10	Sa	8:30am-9:30am
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Instructor: Network, Inc Wellness

153804	Olney SwC	6/6	Tu	7:00pm-8:00pm
153805	Olney SwC	6/8	Th	7:00pm-8:00pm
153704	Olney SwC	6/10	Sa	8:30am-9:30am



Pilates focuses on the body's core and stabilizing muscles encouraging a strong, aligned and less stressed body.



Competitive Programs

Rockville Montgomery Swim Club

This year-round, United States Swimming (USAS) affiliated, age group and senior swim team competes through Potomac Valley Swimming (PVS), which is our local swim committee (LSC) for USAS. RMSC offers a rewarding training and competitive experience to swimmers of all ability and interest levels through a schedule of flexible practice times.

RMSC

Swimmers new to the program must attend a skill assessment and group placement evaluation at the pool of their choice the first week of practice. Coaches will assign practice groups depending on skill level. Newcomers may not begin to practice with their designated group until all registration forms have been completed and all fees have been paid in full. Entry into advanced level groups is available by coaches' invitation only. Those who participated in the program last year may register only for the group with which they practiced last year. No swimmer may change group assignment unless instructed to do so by a coach. Call the pool of your choice for additional information.

NOTE: Practice times vary throughout the week. Please call the pool of your choice for specific times.

		Spring	Spring (New Swimmer)	Spring /Summer	Spring /Summer (New Swimmer)
Germantown Indoor Swim Center - New Program					
149467	Minis	\$200	\$240		
149456	Juniors	\$200	\$240		
149447	Seniors	\$200	\$240		
Montgomery Aquatic Center					
149292	Minis	\$170	\$210		
149293	Juniors	\$170	\$210		
149294	Adv. Jrs.	\$200		\$240	
149297	Adv. Jrs.		\$495	\$565	
149295	Seniors	\$200	\$240		
149296	Adv.Sen.	\$220		\$260	
149299	Adv.Sen.			\$610	\$680
149298	NDG		\$610	\$680	
149300	NTG		\$610	\$680	
Martin Luther King Jr. Swim Center					
149301	Minis	\$170	\$210		
149302	Juniors	\$170	\$210		
149303	Adv. Jrs.	\$200		\$240	
149306	Adv. Jrs.		\$495	\$565	
149304	Seniors	\$200	\$240		
149305	Adv.Sen.	\$220		\$260	
149308	Adv.Sen.			\$610	\$680
149307	NDG		\$610	\$680	
149309	NTG		\$610	\$680	
Olney Swim Center					
149310	Minis	\$170	\$210		
149311	Juniors1	\$170	\$210		
149312	Juniors2	\$200		\$240	
149313	Adv. Jrs.	\$200		\$240	
149316	Adv. Jrs.		\$495	\$565	
149314	Seniors	\$200	\$240		
149315	Adv.Sen.	\$220	\$260		
149318	Adv.Sen.		\$610		\$680
149317	NDG			\$610	\$680
149319	NTG			\$610	\$680

Developmental Swim Team Training

These programs help to provide a transition between swim lessons and swim team participation. They also provide a year-round program for the summer swim team member.



MCSL Swim Teams

This summer swim team program, sponsored by the Montgomery County Recreation Department, is part of the Montgomery County Swim League (MCSL). The pre-team program is for swimmers 5-8 years old; the competitive program is for swimmers 5-18 years old. Practices are daily and there are weekly meets on Saturday mornings or Wednesday evenings, depending on the participant's skill level. To join, swimmers must be able to complete one length of the pool using a coordinated stroke and rhythmic breathing. Parents and swimmers should attend the registration meeting held at this pool on Tues., May 30, 7:00 PM, RAIN or SHINE.

54 Sessions

\$115.00

154654	Bethesda Pool	5/30
154655	Gtown Out Pool	5/30
154656	West Cty Pool	5/30
154657	Long Branch	5/30
154658	Wheaton/Glen	5/30
154659	Upper Cty Pool	5/30

Montgomery Stroke & Turn Clinic

Montgomery Stroke & Turn Clinic (MSTC) is a Sunday evening program which runs from late October to late May. MSTC's program is designed for swimmers 5-18 years old who wish to improve their ability to swim the four competitive strokes, learn correct starts and turns, gain strength and have fun. In order to participate, swimmers MUST be able to swim 25 meters of freestyle without stopping. This program will meet for 22 sessions. The program will begin October 29, 2006 and run to May 20, 2007. There will be no clinic on November 26, December 24 & 31, February 4, April 1 & 8, and two other Sundays that will be announced at the first session. Registration will begin July 17, 2006.

Instructor: clinics MSTC

156799	Montgomery AqC	10/29	Su	6:00pm-7:00pm
156800	Montgomery AqC	10/29	Su	7:00pm-8:00pm
156801	Olney SwC	10/29	Su	5:00pm-6:00pm
156802	Olney SwC	10/29	Su	6:00pm-7:00pm
156803	Olney SwC	10/29	Su	7:00pm-8:00pm
156804	GISC	10/29	Su	6:00pm-7:00pm
156805	GISC	10/29	Su	7:00pm-8:00pm
156806	MLK SwC	10/29	Su	6:00pm-7:00pm
156807	MLK SwC	10/29	Su	7:00pm-8:00pm

Montgomery Dive Club

(MDC) is an advanced age-group competitive diving program offered at MLK, MAC, OSC and GISC. Divers prepare to compete in local and national level meets. An introductory level tower diving program is available at MLK while a full tower training program will be offered at MAC and GISC. Diving lessons and Masters Diving is also offered at MAC. Program flyers are available at each pool, or call MDC at 1-866-DIVE MDC or visit www.montgomerydiveclub.org.

Masters Swim Training

Designed specifically for competitive swimming adults who seek a structured workout with a professional coach. Local or national competition is available for those who wish to compete. Triathletes are welcome. Training is offered at MLK, MAC, OSC and GISC. For information contact Clay Britt at 301-996-7946 or clay@claybrittswimming.com. Current session ends in mid April.

Mariners-GISC 240-777-6830

A structured workout with a professional coach. Swimmers need to be proficient in most strokes and advanced enough to circle swim a workout, with an eye toward entering U.S. Masters Swim competition.

Germantown Indoor Swim Center Four Lanes
 Tue/Thu 8:30-10:00pm
 Mon, Wed, Fri 6:30-7:30am

Instructor: Premier Swim

155020	Germantown SwC	1 day	\$80
155021	Germantown SwC	2 days	\$120
155022	Germantown SwC	3 days	\$160
155023	Germantown SwC	4 days	\$205
155024	Germantown SwC	5 days	\$245

Mariners-MAC 301-468-4211

A structured workout with a professional coach. Swimmers need to be proficient in most strokes and advanced enough to circle swim a workout, with an eye toward entering U.S. Masters Swim competition.

Montgomery Aquatic Center Eight Lanes
 Tue/Thu 8:30-10:00pm
 Fri 8:30-9:30pm
 Sun 8:00-10:00am

Instructor: Premier Swim

155004	Montgomery AqC	1 day	\$80
155005	Montgomery AqC	2 days	\$120
155006	Montgomery AqC	3 days	\$160
155007	Montgomery AqC	4 days	\$205
155008	Montgomery AqC	5 days	\$245

Mariners-MLK 301-989-1206

A structured workout with a professional coach. Swimmers need to be proficient in most strokes and advanced enough to circle swim a workout, with an eye toward entering U.S. Masters Swim competition.

Martin Luther King, Jr Pool Six Lanes
 Mon/Wed 8:30-10:00pm
 (Weekend practices at MAC & OSC)

Instructor: Premier Swim

155009	ML King SwC	1 day	\$80
155010	ML King SwC	2 days	\$120
155011	ML King SwC	3 days	\$160
155012	ML King SwC	4 days	\$205
155013	ML King SwC	5 days	\$245
155014	ML King SwC	8/14 3 days	\$25

Mariners-OSC

301-570-1210

A structured workout with a professional coach. Swimmers need to be proficient in most strokes and advanced enough to circle swim a workout, with an eye toward entering U.S. Masters Swim competition.

Olney Swim Center Four Lanes
 Tue/Thu 8:30-10:00pm
 Sat 7:30-9:00am

Instructor: Premier Swim

155015	Olney SwC	1 day	\$80
155016	Olney SwC	2 days	\$120
155017	Olney SwC	3 days	\$160
155018	Olney SwC	4 days	\$205
155019	Olney SwC	5 days	\$245

Safety Training

Aquatics offers American Red Cross courses for the potential Aquatics professionals. Participants must meet all prerequisites and attend ALL sessions. Call the facility for further information.

Montgomery Aquatic Center 301-468-4211

Martin Luther King Jr Swim Center 301-989-1206

Olney Swim Center 301-570-1210

Germantown Indoor Swim Center 240-777-6830

Lifeguard Training

This course will train you to be certified in American Red Cross Lifeguard Training, CPR for Professional Rescuer and First Aid. This course includes a pre-course check, which will test the students' swimming proficiency. The successful candidate will be able to swim 500 meters (200 free, 100 breast, 200 free and/or breast), and swim 20 yards (free or breast) surface dive to 7-10 feet, retrieve a 10-pound object, return to the surface, and swim 20 yards back to starting position with the object. Attendance is required at ALL sessions in order to be certified. Certification for Lifeguard Training and First Aid remains current for 3 years, CPR for 1 year. Students MUST be 15 years old by the last day of the course. Proof of age is required at the first class. The cost of the course is \$100 registration fee (paid when registering) plus a \$50 book fee due at the first class.

Olney Swim Center

134188 OSC 6/18-7/23 Su 3:00p-4:00pm; W 6:45-10:30pm;
 Su 5:30pm-9:30pm

Please call pools for additional courses.



Lifeguarding will help you develop skills and experience that will be valued by colleges and future employers.

Pool Operator's Course

This course will prepare the student to take the Montgomery County Pool Operators test. Students must be at least 17 years of age. The student must attend all classes. Classes are held at the Holiday Park Senior Center, 3950 Ferrara Drive, Wheaton. The second class of each session will be held at the Martin Luther King Jr. Indoor Swim Center. Note: The student must apply to the Department of Health and Human Services for the County Pool Operators License. For further information call 240-777-6860.

1 Session-Review

\$40.00

133451 Montgomery Aquatic Center 5/20

Sa 10:00am-1:00pm

5 Sessions

\$70.00

133450 Holiday Park SrC 6/2 F, M, W

7:00pm-9:30pm

Ways to Register for Swim Lessons



RecWeb Online registration at <http://recweb.montgomerycountymd.gov>. Internet users must pay their account in full. If you need additional information, call 240-777-6840.

Online registration is recommended. Please create your family account by May 1. This will ensure that you have your account information and PIN for the registration date. PIN number needed to register. See below or call 240-777-6840



Walk in at Aquatics Facilities Registrations can be processed at any of our pools. Outdoor pools will not be open for Indoor pool registration.



Full Service in person:

Montgomery County Recreation Department
Administrative Office
4010 Randolph Road
Silver Spring, MD 20902-1099

Monday-Friday, 8:30am-5:00pm



Fax 240-777-6818 Faxed registrations must be paid by VISA or MasterCard. Due to high volume, we are unable to confirm receipt of faxes. To avoid duplication, do not mail your original form.

Indoor Pool Swim Lesson Registration processing will begin Wednesday, May 17, 2006 at 6:30am. Non-County residents registration begins May 18. No registrations will be processed before this time.

Outdoor Pool Swim Lesson Registration processing will begin Monday, June 5, 2006 at 6:30am. Non-county residents registration begins June 6. Outdoor Pools will be open for registration June 5 from 6:30am–7:00pm and June 6 from 3:00pm–7:00pm. Registration at the pools will then continue during operating hours. Other methods of registration will be continuous. Phones will only be answered during operating hours. See the outdoor pool schedules on page 6.

Please note the following:

- Only class participants are allowed in the pool area during classes.
- The fee covers only the lessons and no other use of the facility.
- Participants may enter the pool area only 10 minutes before the start of class.
- Lesson questions should be directed to the facility where you wish to enroll.
- Withdrawal policies will be STRICTLY followed and applies to class transfers.



Swim Lessons

Swimming Instruction

Swim lessons for all ages and swimming abilities are offered at indoor pools beginning in September. Swim lesson fees range from \$45 to \$55 depending on the level and the number of participants. Non-County residents are charged an additional \$10 fee.

Children's Swim Lessons for all levels and ages may be offered in two, three, or six week sessions.

Adult Group Lessons for all levels may be offered on weekday evenings or on weekends.

Website Information

Information about Montgomery County Recreation Department pools is available on the Montgomery County website. For indoor swim centers this includes schedules for general pool use, swim lessons, safety training (lifeguard training), Masters Swim Training, SwiMontgomery, Montgomery Dive Club, Water Fitness Classes, and Swim Team.

Go to a web browser and enter: www.montgomerycountymd.gov/rec Select the [Programs](#) link, then select the [Aquatics Programs](#) link.

Links to most schedules are listed under each pool's entry. The link to Water Fitness schedules is at the bottom of the page.



Germantown Indoor Swim Center

Phone: 240-777-6830

Registration begins May 17. Swim lessons for all ages and abilities. Screening is available to evaluate the students abilities. Please call the lesson coordinator at 240-777-6830 to schedule a time (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all pre-requisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs.

THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Courses meet for six 30 minute sessions. Morning classes are held on July 4th.

See page 12 for registration information.



GLSC-Waterbabies

Designed for children 6-18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions		\$45.00	
156077	GLSC	6/17 Sa	10:20am-10:50am
156078	GLSC	6/17 Sa	11:40am-12:10pm
156079	GLSC	6/18 Su	9:40am-10:10am
156080	GLSC	6/19 M,W,F	10:20am-10:50am
156081	GLSC	6/20 Tu, Th	9:40am-10:10am
156581	GLSC	7/3 M,W,F	10:20am-10:50am
156582	GLSC	7/11 Tu, Th	11:00am-11:30am
156583	GLSC	7/17 M,W,F	10:20am-10:50am
156584	GLSC	7/31 M,W,F	10:20am-10:50am

GLSC-Aquatots

Designed for children 18 months-3 years of age. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions		\$45.00	
156054	GLSC	6/17 Sa	9:00am- 9:30am
156055	GLSC	6/17 Sa	9:40am-10:10am
156056	GLSC	6/17 Sa	10:20am-10:50am
156057	GLSC	6/18 Su	9:00am- 9:30am
156058	GLSC	6/18 Su	11:00am-11:30am
156059	GLSC	6/19 M,W,F	9:40am-10:10am
156060	GLSC	6/19 M,W,F	11:00am-11:30am
156061	GLSC	6/20 Tu, Th	9:00am- 9:30am
156062	GLSC	6/20 Tu, Th	11:00am-11:30am

156063	GLSC	6/21 W	6:10pm- 6:40pm
156064	GLSC	6/22 Th	5:30pm- 6:00pm
156575	GLSC	7/3 M,W,F	9:40am-10:10am
156065	GLSC	7/11 Tu, Th	10:20am-10:50am
156576	GLSC	7/11 Tu, Th	9:00am- 9:30am
156066	GLSC	7/17 M,W,F	9:40am-10:10am
156067	GLSC	7/17 M,W,F	11:00am-11:30am
156577	GLSC	7/31 M,W,F	9:40am-10:10am

GLSC-Pre-School

Designed for children 3-5 years of age. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions		\$45.00	
156068	GLSC	6/17 Sa	11:00am-11:30am
156069	GLSC	6/18 Su	10:20am-10:50am
156070	GLSC	6/18 Su	11:40am-12:10pm
156071	GLSC	6/19 M,W,F	9:00am- 9:30am
156072	GLSC	6/20 Tu, Th	10:20am-10:50am
156073	GLSC	6/20 Tu	5:30pm- 6:00pm
156074	GLSC	7/3 M,W,F	9:00am- 9:30am
156075	GLSC	7/3 M,W,F	11:00am-11:30am
156076	GLSC	7/11 Tu, Th	9:40am-10:10am
156578	GLSC	7/17 M,W,F	9:00am- 9:30am
156579	GLSC	7/31 M,W,F	9:00am- 9:30am
156580	GLSC	7/31 M,W,F	11:00am-11:30am

GLSC-Pre-Beginner-Level 1

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills. Class size is limited to 5 students.

6 Sessions		\$54.00	
155954	GLSC	6/17 Sa	9:00am- 9:30am
155955	GLSC	6/17 Sa	9:40am-10:10am
155956	GLSC	6/17 Sa	10:20am-10:50am
155959	GLSC	6/17 Sa	11:00am-11:30am
155960	GLSC	6/17 Sa	11:40am-12:10pm
155964	GLSC	6/18 Su	9:40am-10:10am
155965	GLSC	6/18 Su	10:20am-10:50am
155966	GLSC	6/18 Su	11:00am-11:30am
155967	GLSC	6/18 Su	11:40am-12:10pm
156004	GLSC	6/18 Su	9:00am- 9:30am
155968	GLSC	6/19 M,W,F	9:00am- 9:30am
155969	GLSC	6/19 M,W,F	9:40am-10:10am
155970	GLSC	6/19 M,W,F	11:00am-11:30am
155971	GLSC	6/19 M	5:30pm- 6:00pm
155972	GLSC	6/19 M	6:10pm- 6:40pm
155961	GLSC	6/20 Tu, Th	9:00am- 9:30am
155962	GLSC	6/20 Tu	6:10pm- 6:40pm
155977	GLSC	6/20 Tu, Th	9:40am-10:10am
155978	GLSC	6/20 Tu, Th	11:00am-11:30am
155973	GLSC	6/21 W	5:30pm- 6:00pm
155974	GLSC	6/21 W	6:10pm- 6:40pm
155975	GLSC	6/22 Th	5:30pm- 6:00pm
155976	GLSC	6/22 Th	6:10pm- 6:40pm
156549	GLSC	7/3 M,W,F	9:40am-10:10am
156550	GLSC	7/3 M,W,F	11:00am-11:30am
156551	GLSC	7/11 Tu, Th	9:00am- 9:30am
156552	GLSC	7/11 Tu, Th	10:20am-10:50am
156553	GLSC	7/17 M,W,F	9:00am- 9:30am
156554	GLSC	7/17 M,W,F	10:20am-10:50am
156555	GLSC	7/31 M,W,F	11:00am-11:30am



Each swim lesson series gradually and safely introduces your child to the water.



GLISC-Pre-Beginner-Level 2

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 6 students.

6 Sessions \$52.00

156005	GLISC	6/17	Sa	9:00am- 9:30am
156006	GLISC	6/17	Sa	9:40am-10:10am
156007	GLISC	6/17	Sa	11:40am-12:10pm
156008	GLISC	6/18	Su	9:00am- 9:30am
156009	GLISC	6/18	Su	10:20am-10:50am
156010	GLISC	6/18	Su	11:00am-11:30am
156011	GLISC	6/18	Su	11:40am-12:10pm
156012	GLISC	6/19	M,W,F	9:00am- 9:30am
156013	GLISC	6/19	M,W,F	11:00am-11:30am
156016	GLISC	6/19	M	5:30pm- 6:00pm
156014	GLISC	6/20	Tu, Th	9:00am- 9:30am
156015	GLISC	6/20	Tu, Th	10:20am-10:50am
156017	GLISC	6/20	Tu	5:30pm- 6:00pm
156018	GLISC	6/21	W	5:30pm- 6:00pm
156556	GLISC	7/3	M,W,F	9:00am- 9:30am
156557	GLISC	7/3	M,W,F	10:20am-10:50am
156558	GLISC	7/11	Tu, Th	9:40am-10:10am
156569	GLISC	7/11	Tu, Th	11:00am-11:30am
156559	GLISC	7/17	M,W,F	9:40am-10:10am
156560	GLISC	7/17	M,W,F	10:20am-10:50am
156561	GLISC	7/31	M,W,F	9:00am- 9:30am

GLISC-Pre-Beginner-Level 3

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 6 students.

6 Sessions \$52.00

156019	GLISC	6/17	Sa	11:40am-12:10pm
156020	GLISC	6/18	Su	9:40am-10:10am
156021	GLISC	6/19	M,W,F	9:40am-10:10am
156022	GLISC	6/19	M,W,F	10:20am-10:50am
156025	GLISC	6/19	M	5:30pm- 6:00pm
156023	GLISC	6/20	Tu, Th	9:40am-10:10am
156024	GLISC	6/20	Tu, Th	11:00am-11:30am
156026	GLISC	6/21	W	5:30pm- 6:00pm
156027	GLISC	6/22	Th	5:30pm- 6:00pm
156562	GLISC	7/3	M,W,F	10:20am-10:50am
156565	GLISC	7/3	M,W,F	9:00am- 9:30am
156566	GLISC	7/11	Tu, Th	10:20am-10:50am
156567	GLISC	7/17	M,W,F	9:00am- 9:30am
156568	GLISC	7/31	M,W,F	9:40am-10:10am



Our swim lesson series is tailored to specific swimming abilities so your child can advance at their own rate.

GLISC-Pre-Beginner-Level 4

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a coordinated front and back crawl for 15 yards (the width of the pool) and are comfortable in deep water. Class size is limited to 6 students.

6 Sessions \$52.00

156095	GLISC	6/17	Sa	11:00am-11:30am
156096	GLISC	6/19	M,W,F	10:20am-10:50am
156097	GLISC	6/20	Tu, Th	10:20am-10:50am
156098	GLISC	6/20	Tu	5:30pm- 6:00pm
156571	GLISC	7/3	M,W,F	9:40am-10:10am
156572	GLISC	7/11	Tu, Th	11:00am-11:30am
156573	GLISC	7/17	M,W,F	11:00am-11:30am
156574	GLISC	7/31	M,W,F	10:20am-10:50am

GLISC-Youth-Level 1

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). For students who need to learn basic water adjustment skills. Class size is limited to 8 students.

6 Sessions \$47.00

156107	GLISC	6/17	Sa	9:00am- 9:30am
156108	GLISC	6/18	Su	9:00am- 9:30am
156109	GLISC	6/18	Su	11:00am-11:30am
156110	GLISC	6/19	M,W,F	9:00am- 9:30am
156399	GLISC	6/19	M	6:10pm- 6:40pm
156400	GLISC	6/20	Tu	6:10pm- 6:40pm
156585	GLISC	7/3	M,W,F	9:00am- 9:30am
156586	GLISC	7/3	M,W,F	11:00am-11:30am
156587	GLISC	7/11	Tu, Th	9:00am- 9:30am
156588	GLISC	7/17	M,W,F	9:40am-10:10am
156589	GLISC	7/31	M,W,F	9:00am- 9:30am

GLISC-Youth-Level 2

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). For students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 8 students.

6 Sessions \$47.00

156449	GLISC	6/17	Sa	9:40am-10:10am
156450	GLISC	6/18	Su	9:40am-10:10am
156451	GLISC	6/18	Su	11:00am-11:30am
156452	GLISC	6/19	M,W,F	9:40am-10:10am
156453	GLISC	6/19	M	6:10pm- 6:40pm
156590	GLISC	7/3	M,W,F	9:40am-10:10am
156591	GLISC	7/11	Tu, Th	9:40am-10:10am
156592	GLISC	7/17	M,W,F	9:00am- 9:30am
156593	GLISC	7/17	M,W,F	11:00am-11:30am
156594	GLISC	7/31	M,W,F	9:40am-10:10am

GLISC-Youth-Level 3

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions \$45.00

156454	GLISC	6/17	Sa	10:20am-10:50am
156455	GLISC	6/18	Su	11:40am-12:10pm
156456	GLISC	6/19	M,W,F	10:20am-10:50am
156457	GLISC	6/20	Tu, Th	9:00am- 9:30am
156458	GLISC	6/21	W	6:10pm- 6:40pm
156595	GLISC	7/3	M,W,F	10:20am-10:50am
156596	GLISC	7/11	Tu, Th	11:00am-11:30am
156597	GLISC	7/17	M,W,F	9:40am-10:10am
156598	GLISC	7/31	M,W,F	9:00am- 9:30am
156599	GLISC	7/31	M,W,F	10:20am-10:50am

GISC-Youth-Level 4

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions				\$45.00
156459	GISC	6/17	Sa	11:00am-11:30am
156460	GISC	6/18	Su	11:40am-12:10pm
156461	GISC	6/19	M,W,F	11:00am-11:30am
156462	GISC	6/20	Tu, Th	9:40am-10:10pm
156463	GISC	6/22	Th	6:10pm- 6:40pm
156604	GISC	7/3	M,W,F	11:00am-11:30am
156605	GISC	7/11	Tu, Th	10:20am-10:50pm
156612	GISC	7/17	M,W,F	10:20am-10:50pm
156613	GISC	7/31	M,W,F	9:40am-10:10pm
156614	GISC	7/31	M,W,F	11:00am-11:30am

GISC-Youth-Level 5

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions				\$45.00
156464	GISC	6/17	Sa	11:40am-12:10pm
156465	GISC	6/20	Tu, Th	10:20am-10:50am
156466	GISC	6/20	Tu	6:10pm- 6:40pm
156615	GISC	7/11	Tu, Th	9:40am-10:10am
156616	GISC	7/17	M,W,F	11:00am-11:30am
156617	GISC	7/31	M,W,F	10:20am-10:50am

GISC-Youth-Level 6

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Class size is limited to 10 students.

6 Sessions				\$45.00
156467	GISC	6/18	Su	10:20am-10:50am
156468	GISC	6/20	Tu, Th	11:00am-11:30am
156469	GISC	6/22	Th	6:10pm- 6:40pm
156620	GISC	7/11	Tu, Th	9:00am- 9:30am
156621	GISC	7/31	M,W,F	11:00am-11:30am

GISC-Adult Level 1

Designed for teenagers and adults (14 years and older) who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught. Class size is limited to 6 students.

6 Sessions				\$54.00
156099	GISC	6/17	Sa	11:00am-11:30am
156499	GISC	6/18	Su	10:20am-10:50am
156100	GISC	6/19	M	8:30pm- 9:00pm

GISC-Adult Level 2

Designed for teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 10 students.

6 Sessions				\$52.00
156101	GISC	6/17	Sa	10:20am-10:50am
156102	GISC	6/21	W	8:30pm- 9:00pm

GISC-Adult Level 3

Designed for teenagers and adults (14 years and older) who can already swim a combine stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions				\$52.00
156103	GISC	6/17	Sa	9:40am-10:10am



GISC-Adult Level 4

Designed for teenagers and adults (14 years and older) who can already swim a coordinated front and back crawl for 15 yards (across width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions				\$52.00
156104	GISC	6/18	Su	9:40am-10:10am

GISC-Adult Level 5

Designed for teenagers and adults (14 years and older) who can swim 1 length of front and back crawl, 15 yards of elementary back stroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions				\$52.00
156105	GISC	6/21	W	8:30pm- 9:00pm

GISC-Adult-Swim for Condi.1

Designed for teenagers and adults (14 years and older) who can swim 25 yards of freestyle, backstroke, breaststroke. Students will further refine technical skills and learn to develop their own conditioning program. Class size is limited to 15 students.

6 Sessions				\$52.00
156106	GISC	6/19	M	8:30pm- 9:00pm

Martin Luther King Swim Center

Phone: 301-989-1206

Registration begins May 17. Swim lessons for all ages and abilities. Screening is held on Tuesdays & Thursdays from 7:00pm-7:30pm at the MLK Swim Center (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Courses meet for six 30 minute sessions. Morning classes are held on July 4th.

See page 12 for registration information.



MLK-Waterbabies

Designed for children 6 to 18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions \$45.00

155167	MLK SwC	6/18	Su	11:00am-11:30am
155168	MLK SwC	6/19	M,W,F	10:20am-10:50am
155169	MLK SwC	6/20	Tu	5:40pm- 6:10pm
155170	MLK SwC	6/22	Th	5:00pm- 6:00pm
155171	MLK SwC	6/24	Sa	9:40am-10:10am

MLK-Aquatots

Designed for children 18 months to 3 years. Basic water adjustment skills and simple water skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions \$45.00

155193	MLK SwC	6/18	Su	9:00am- 9:30am
155194	MLK SwC	6/18	Su	10:20am-10:50am
155195	MLK SwC	6/19	M,W,F	9:00am- 9:30am
155196	MLK SwC	6/22	Th	5:40pm- 6:10pm
155197	MLK SwC	6/24	Sa	9:00am- 9:30am
155198	MLK SwC	7/3	M,W,F	9:40am-10:10am



MLK-Pre-School

Designed for children 3-5 years of age. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swim suit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions \$45.00

155199	MLK SwC	6/18	Su	9:40am-10:10am
155200	MLK SwC	6/20	Tu, Th	9:30am-10:00am
155201	MLK SwC	6/20	Tu	5:00pm- 5:30pm
155202	MLK SwC	6/22	Th	6:20pm- 6:50pm
155203	MLK SwC	6/24	Sa	10:20am-10:50am
155204	MLK SwC	6/24	Sa	11:00am-11:30am
155205	MLK SwC	7/17	M,W,F	10:20am-10:50am
155206	MLK SwC	7/31	M,W,F	9:00am- 9:30am

MLK-Pre-Beginner-Level 1

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills. Class size is limited to 5 students.

6 Sessions \$54.00

155209	MLK SwC	6/18	Su	9:00am- 9:30am
155210	MLK SwC	6/18	Su	10:20am-10:50am
155211	MLK SwC	6/19	M,W,F	9:40am-10:10am

155212	MLK SwC	6/20	Tu	5:00pm- 5:30pm
155213	MLK SwC	6/21	W	5:00pm- 5:30pm
155214	MLK SwC	6/22	Th	5:40pm- 6:10pm
155215	MLK SwC	6/24	Sa	9:00am- 9:30am
155216	MLK SwC	6/24	Sa	11:00am-11:30am
155217	MLK SwC	7/3	M,W,F	10:20am-10:50am

MLK-Pre-Beginner-Level 2

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 6 students.

6 Sessions \$52.00

155219	MLK SwC	6/18	Su	9:40am-10:10am
155220	MLK SwC	6/19	M,W,F	9:40am-10:10am
155221	MLK SwC	6/20	Tu, Th	10:10am-10:40am
155222	MLK SwC	6/20	Tu	5:40pm- 6:10pm
155223	MLK SwC	6/20	Tu	6:20pm- 6:50pm
155224	MLK SwC	6/21	W	5:00pm- 5:30pm
155225	MLK SwC	6/22	Th	5:00pm- 5:30pm
155226	MLK SwC	6/22	Th	6:20pm- 6:50pm
155227	MLK SwC	6/24	Sa	9:40am-10:10am
155228	MLK SwC	6/24	Sa	11:00am-11:30am
155229	MLK SwC	7/3	M,W,F	9:00am- 9:30am
155230	MLK SwC	7/3	M,W,F	10:20am-10:50am
155231	MLK SwC	7/17	M,W,F	9:00am- 9:30am
155232	MLK SwC	7/17	M,W,F	9:40am-10:10am
155233	MLK SwC	7/31	M,W,F	9:00am- 9:30am
155234	MLK SwC	7/31	M,W,F	9:40am-10:10am

MLK-Pre-Beginner-Level 3

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 6 student.

6 Sessions \$52.00

155253	MLK SwC	6/18	Su	9:40am-10:10am
155254	MLK SwC	6/18	Su	10:20am-10:50am
155255	MLK SwC	6/19	M,W,F	9:00am- 9:30am
155256	MLK SwC	6/20	Tu, Th	9:30am- 9:30am
155257	MLK SwC	6/20	Tu	7:00pm- 7:30pm
155258	MLK SwC	6/21	W	5:40pm- 6:10pm
155259	MLK SwC	6/24	Sa	10:20am-10:50am
155260	MLK SwC	7/3	M,W,F	9:40am-10:10am
155262	MLK SwC	7/17	M,W,F	9:00am- 9:30am
155261	MLK SwC	7/18	Tu, Th	10:10am-10:40am
155263	MLK SwC	7/31	M,W,F	10:20am-10:50am

MLK-Pre-Beginner-Level 4

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 6 students.

6 Sessions \$52.00

155265	MLK SwC	6/18	Su	11:00am-11:30am
155266	MLK SwC	6/22	Th	7:00pm- 7:30pm
155267	MLK SwC	6/24	Sa	9:40am-10:10am
155268	MLK SwC	6/24	Sa	10:20am-10:50am
155270	MLK SwC	7/17	M,W,F	10:20am-10:50am
155269	MLK SwC	7/18	Tu, Th	9:30am-10:00am
155271	MLK SwC	7/31	M,W,F	9:40am-10:10am

Small class sizes ensure that pre-beginners get the individual attention they need.

MLK-Youth-Level 1

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who need to learn basic water adjustment skills. Class size is limited to 8 students.

6 Sessions \$47.00

155274	MLK SwC	6/18	Su	9:00am- 9:30am
155275	MLK SwC	6/18	Su	10:20am-10:50am
155276	MLK SwC	6/19	M,W,F	10:20am-10:50am
155277	MLK SwC	6/20	Tu	6:20pm- 6:50pm
155278	MLK SwC	6/21	W	6:20pm- 6:50pm
155279	MLK SwC	6/24	Sa	9:00am- 9:30am
155280	MLK SwC	6/24	Sa	9:40am-10:10am
155281	MLK SwC	6/24	Sa	10:20am-10:50am
155282	MLK SwC	7/18	Tu, Th	9:30am-10:00am

MLK-Youth-Level 2

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). For students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 8 students.

6 Sessions \$47.00

155354	MLK SwC	6/18	Su	9:00am- 9:30am
155355	MLK SwC	6/18	Su	11:00am-11:30am
155356	MLK SwC	6/19	M,W,F	9:40am-10:10am
155357	MLK SwC	6/20	Tu, Th	10:10am-10:40am
155358	MLK SwC	6/20	Tu	7:00pm- 7:30pm
155359	MLK SwC	6/21	W	6:20pm- 6:50pm
155360	MLK SwC	6/22	Th	7:00pm- 7:30pm
155361	MLK SwC	6/24	Sa	9:00am- 9:30am
155362	MLK SwC	6/24	Sa	10:20am-10:50am
155363	MLK SwC	7/3	M,W,F	10:20am-10:50am
155365	MLK SwC	7/17	M,W,F	9:40am-10:10am
155364	MLK SwC	7/18	Tu, Th	9:30am-10:00am



MLK-Youth-Level 3

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions \$45.00

155366	MLK SwC	6/18	Su	9:40am-10:10am
155367	MLK SwC	6/19	M,W,F	9:00am- 9:30am
155368	MLK SwC	6/20	Tu, Th	10:10am-10:40am
155369	MLK SwC	6/20	Tu	7:40pm- 8:10pm
155370	MLK SwC	6/21	W	5:40pm- 6:10pm
155371	MLK SwC	6/24	Sa	9:40am-10:10am
155372	MLK SwC	7/3	M,W,F	9:40am-10:10am
155374	MLK SwC	7/17	M,W,F	10:20am-10:50am
155373	MLK SwC	7/18	Tu, Th	10:10am-10:40am
155375	MLK SwC	7/31	M,W,F	10:20am-10:50am

MLK-Youth-Level 4

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions \$45.00

155380	MLK SwC	6/18	Su	9:40am-10:10am
155381	MLK SwC	6/19	M,W,F	10:20am-10:50am
155382	MLK SwC	6/20	Tu, Th	9:30am-10:00am
155383	MLK SwC	6/20	Tu	7:40pm- 8:10pm
155384	MLK SwC	6/24	Sa	9:00am- 9:30am
155385	MLK SwC	6/24	Sa	11:00am-11:30am
155386	MLK SwC	7/3	M,W,F	9:00am- 9:30am
155388	MLK SwC	7/17	M,W,F	9:00am- 9:30am
155387	MLK SwC	7/18	Tu, Th	10:10am-10:40am
155389	MLK SwC	7/31	M,W,F	9:00am- 9:30am

MLK-Youth-Level 5

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions \$45.00

155392	MLK SwC	6/18	Su	10:20am-10:50am
155393	MLK SwC	6/22	Th	7:40pm- 8:10pm
155394	MLK SwC	6/24	Sa	11:00am-11:30am
155395	MLK SwC	7/3	M,W,F	9:00am- 9:30am
155396	MLK SwC	7/17	M,W,F	9:40am-10:10am
155397	MLK SwC	7/31	M,W,F	9:40am-10:10am

MLK-Youth-Level 6

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). For students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Class size is limited to 10 students.

6 Sessions \$45.00

155399	MLK SwC	6/18	Su	9:00am- 9:30am
155400	MLK SwC	6/18	Su	11:00am-11:30am
155401	MLK SwC	6/22	Th	7:40pm- 8:10pm
155402	MLK SwC	7/31	M,W,F	10:20am-10:50am

MLK-Adult-Level 1

Designed for teenagers and adults (14 years and older) who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught. Class size is limited to 6 students.

6 Sessions \$54.00

155403	MLK SwC	6/18	Su	9:40am-10:10am
155404	MLK SwC	6/18	Su	11:00am-11:30am
155405	MLK SwC	6/20	Tu	8:20pm- 8:50pm
155406	MLK SwC	6/24	Sa	9:00am- 9:30am
155407	MLK SwC	6/24	Sa	11:00am-11:30am

MLK-Adult-Level 2

Designed for teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 10 students.

6 Sessions \$52.00

155408	MLK SwC	6/18	Su	9:00am- 9:30am
155409	MLK SwC	6/18	Su	11:00am-11:30am
155410	MLK SwC	6/22	Th	8:20pm- 8:50pm
155411	MLK SwC	6/24	Sa	10:20am-10:50am



Adult classes are perfect for anyone who wants to be comfortable in the water.

MLK-Adult-Level 3

Designed for teenagers and adults (14 years and older) who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions				\$52.00
155412	MLK SwC	6/18	Su	10:20am-10:50am
155413	MLK SwC	6/20	Tu	8:20pm- 8:50pm
155414	MLK SwC	6/24	Sa	10:20am-10:50am

MLK-Adult-Level 4

Designed for teenagers and adults (14 years and older) who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

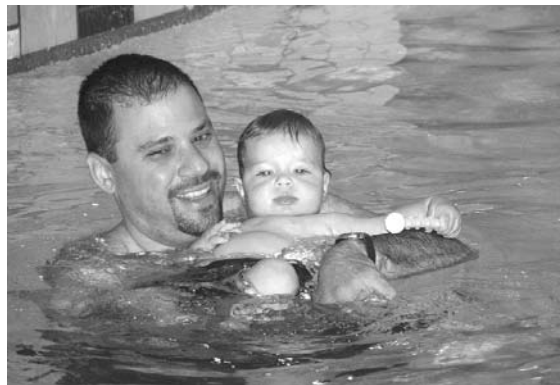
6 Sessions				\$52.00
155415	MLK SwC	6/22	Th	8:20pm- 8:50pm

Montgomery Aquatic Center

Phone: 301-468-4211

Registration begins on May 17. Swim lessons for all ages and abilities. Screening is available at the swim center on Saturdays and Sundays at 1:30pm to evaluate the student's ability (bring a suit and towel.) Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Courses meet for six 30 minute sessions. Morning classes are held on July 4th.

See page 12 for registration information.

**MAC-Waterbabies**

Designed for children 6 to 18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions				\$45.00
154561	Montgomery AqC	6/19	M,W,F	10:20am-10:50am
155617	Montgomery AqC	6/19	M,W,F	9:00am- 9:30am
155623	Montgomery AqC	6/20	Tu, Th	9:00am- 9:30am
154559	Montgomery AqC	6/24	Sa	9:40am-10:10am
154560	Montgomery AqC	6/25	Su	10:20am-10:50am
154562	Montgomery AqC	7/3	M,W,F	10:20am-10:50am
155618	Montgomery AqC	7/3	M,W,F	9:00am- 9:30am
155624	Montgomery AqC	7/11	Tu, Th	9:00am- 9:30am
155619	Montgomery AqC	7/17	M,W,F	9:00am- 9:30am

MAC-Aquatots

Designed for children 18 months-3 years of age. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions				\$45.00
154257	Montgomery AqC	6/19	M,W,F	9:40am-10:10am
154258	Montgomery AqC	6/19	M, W	6:25pm- 6:55pm
155604	Montgomery AqC	6/20	Tu, Th	9:40am-10:10am
154255	Montgomery AqC	6/24	Sa	10:20am-10:50am
154256	Montgomery AqC	6/25	Su	9:40am-10:10am
154259	Montgomery AqC	7/3	M,W,F	9:40am-10:10am
154260	Montgomery AqC	7/10	M, W	6:25pm- 6:55pm
155605	Montgomery AqC	7/11	Tu, Th	9:40am-10:10am
154261	Montgomery AqC	7/17	M,W,F	9:40am-10:10am

MAC-Pre-School

Designed for children 3-5 years of age. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions				\$45.00
154555	Montgomery AqC	6/19	M, W	5:45pm- 6:15pm
154556	Montgomery AqC	6/20	Tu, Th	10:20am-10:50am
154554	Montgomery AqC	6/24	Sa	9:00am- 9:30am
154557	Montgomery AqC	7/10	M, W	5:45pm- 6:15pm
154558	Montgomery AqC	7/11	Tu, Th	10:20am-10:50am

MAC-Pre-Beginner-Level 1

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills. Class size is limited to 5 students.

6 Sessions				\$54.00
154517	Montgomery AqC	6/13	Tu, Th	5:45pm- 6:15pm
154518	Montgomery AqC	6/13	Tu, Th	6:25pm- 6:55pm
154514	Montgomery AqC	6/19	M,W,F	10:20am-10:50am
154515	Montgomery AqC	6/19	M, W	5:45pm- 6:15pm
154513	Montgomery AqC	6/20	Tu, Th	9:40am-10:10am
154516	Montgomery AqC	6/20	Tu, Th	9:00am- 9:30am
154508	Montgomery AqC	6/24	Sa	9:00am- 9:30am
154509	Montgomery AqC	6/24	Sa	9:40am-10:10am
154510	Montgomery AqC	6/24	Sa	11:00am-11:30am
154511	Montgomery AqC	6/25	Su	9:40am-10:10am
154512	Montgomery AqC	6/25	Su	11:00am-11:30am
154520	Montgomery AqC	7/3	M,W,F	10:20am-10:50am
154521	Montgomery AqC	7/10	M, W	5:45pm- 6:15pm
154522	Montgomery AqC	7/11	Tu, Th	9:00am- 9:30am
154519	Montgomery AqC	7/11	Tu, Th	9:40am-10:10am
154526	Montgomery AqC	7/17	M,W,F	10:20am-10:50am
154523	Montgomery AqC	7/11	Tu, Th	5:45pm- 6:15pm
154524	Montgomery AqC	7/11	Tu, Th	6:25pm- 6:55pm

MAC-Pre-Beginner-Level 2

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 6 students.

6 Sessions				\$52.00
154534	Montgomery AqC	6/13	Tu, Th	6:25pm- 6:55pm
154531	Montgomery AqC	6/19	M,W,F	9:00am- 9:30am
154532	Montgomery AqC	6/19	M, W	6:25pm- 6:55pm
154533	Montgomery AqC	6/20	Tu, Th	9:00am- 9:30am
155615	Montgomery AqC	6/20	Tu, Th	10:20am-10:50am
154527	Montgomery AqC	6/24	Sa	9:00am- 9:30am
154528	Montgomery AqC	6/24	Sa	11:00am-11:30am
154529	Montgomery AqC	6/25	Su	9:00am- 9:30am

Our classes help build swimming readiness by emphasizing fun in the water

154530	Montgomery AqC	6/25	Su	10:20am-10:50am
154535	Montgomery AqC	7/3	M,W,F	9:00am- 9:30am
154536	Montgomery AqC	7/10	M, W	6:25pm- 6:55pm
154537	Montgomery AqC	7/11	Tu, Th	9:00am- 9:30am
154538	Montgomery AqC	7/11	Tu, Th	6:25pm- 6:55pm
155616	Montgomery AqC	7/11	Tu, Th	10:20am-10:50am
154539	Montgomery AqC	7/17	M,W,F	9:00am- 9:30am

MAC-Pre-Beginner-Level 3

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 6 students.

6 Sessions \$52.00

154544	Montgomery AqC	6/13	Tu, Th	5:45pm- 6:15pm
154542	Montgomery AqC	6/19	M,W,F	9:40am-10:10am
154540	Montgomery AqC	6/24	Sa	10:20am-10:50am
154541	Montgomery AqC	6/25	Su	11:00am-11:30am
154545	Montgomery AqC	7/3	M,W,F	9:40am-10:10am
154546	Montgomery AqC	7/11	Tu, Th	9:40am-10:10am
154547	Montgomery AqC	7/11	Tu, Th	5:45pm- 6:15pm
154548	Montgomery AqC	7/17	M,W,F	9:40am-10:10am

MAC-Pre-Beginner-Level 4

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a coordinated front and back crawl for 15 yards (the width of the pool) and are comfortable in deep water. Class size is limited to 6 students.

6 Sessions \$52.00

154549	Montgomery AqC	6/24	Sa	11:00am-11:30am
154552	Montgomery AqC	7/17	M,W,F	10:20am-10:50am

MAC-Youth-Level 1

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). For students who need to learn basic water adjustment skills. Class size is limited to 8 students.

6 Sessions \$47.00

154565	Montgomery AqC	6/20	Tu, Th	10:20am-10:50am
154563	Montgomery AqC	6/24	Sa	9:40am-10:10am
154564	Montgomery AqC	6/25	Su	9:00am- 9:30am
154566	Montgomery AqC	7/3	M,W,F	9:00am- 9:30am
154567	Montgomery AqC	7/17	M,W,F	9:00am- 9:30am

MAC-Youth-Level 2

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 8 students.

6 Sessions \$47.00

154570	Montgomery AqC	6/19	M,W,F	9:40am-10:10am
154569	Montgomery AqC	6/25	Su	11:00am-11:30am
154571	Montgomery AqC	7/3	M,W,F	9:40am-10:10am
154572	Montgomery AqC	7/17	M,W,F	9:40am-10:10am

MAC-Youth-Level 3

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions \$45.00

154574	Montgomery AqC	6/19	M,W,F	9:00am- 9:30am
155628	Montgomery AqC	6/20	Tu, Th	9:40am-10:10am
154573	Montgomery AqC	6/25	Su	9:40am-10:10am
154575	Montgomery AqC	7/11	Tu, Th	10:20am-10:50am



MAC-Youth-Level 4

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions \$45.00

154577	Montgomery AqC	6/19	M,W,F	10:20am-10:50am
154576	Montgomery AqC	6/25	Su	10:20am-10:50am
154578	Montgomery AqC	7/3	M,W,F	10:20am-10:50am
154579	Montgomery AqC	7/17	M,W,F	10:20am-10:50am

MAC-Youth-Level 5

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions \$45.00

154580	Montgomery AqC	6/25	Su	9:00am- 9:30am
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MAC-Youth-Level 6

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). For students who can swim 2 lengths of front and back crawl in good form and 15 yards of breast-stroke. Class size is limited to 10 students.

6 Sessions \$45.00

154582	Montgomery AqC	6/24	Sa	10:20am-10:50am
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MAC-Adult-Level 1

Designed for teenagers and adults (14 years and older) who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught. Class size is limited to 6 students.

6 Sessions \$54.00

154505	Montgomery AqC	6/22	Th	8:30pm- 9:00pm
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MAC-Adult-Level 4

Designed for teenagers and adults (14 years and older) who can already swim a coordinated front and back crawl for 15 yards (across width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions \$52.00

154504	Montgomery AqC	6/20	Tu	8:30pm- 9:00pm
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MAC-Adult-Level 5

Designed for teenagers and adults (14 years and older) who can swim 1 length of front and back crawl, 15 yards of elementary back stroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions \$52.00

154507	Montgomery AqC	6/21	W	8:30pm- 9:00pm
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MAC-Adult-Swim for Condi.1

Designed for teenagers and adults (14 years and older) who can swim 25 yards of freestyle, backstroke, breaststroke. Students will further refine technical skills and learn to develop their own conditioning program. Class size is limited to 15 students.

6 Sessions \$52.00
155207 Montgomery AqC 6/19 M 8:30pm- 9:00pm

MAC-Adult-Swim for Condi.2

Designed for teenagers and adults (14 years and older) who can swim 50 meters of freestyle. This class will provide technical training and is an opportunity for prospective lifeguards to establish swimming proficiency. Class size is limited to 15 students.

6 Sessions \$52.00
155208 Montgomery AqC 6/19 M 8:30pm- 9:00pm

Olney Swim Center

Phone: 301-570-1210

Registration begins May 17. Swim lessons for all ages and abilities. Screening is available to evaluate the students abilities. Please call the lesson coordinator at 301-570-1210 to schedule a time (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Class meet for six 30 minute sessions. Morning classes are held on July 4th.

See page 12 for registration information.

OSC-Waterbabies

Designed for children 6 months-18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions \$45.00
152895 Olney SwC 6/19 M,Tu,W 10:15am-10:45am
152894 Olney SwC 6/22 Th 10:50am-11:20am
152892 Olney SwC 6/24 Sa 11:20am-11:50am
152893 Olney SwC 6/25 Su 11:20am-11:50am
152896 Olney SwC 7/17 M,Tu,W 10:15am-10:45am

OSC-Aquatots

Designed for children 18 months-3 years of age. Basic water adjustment skills and simple water skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions \$45.00
152902 Olney SwC 6/19 M,Tu,W 10:55am-11:25am
152899 Olney SwC 6/22 Th 10:10am-10:40am
152900 Olney SwC 6/22 Th 6:30pm- 7:00pm
152897 Olney SwC 6/24 Sa 10:40am-11:20am
152898 Olney SwC 6/25 Su 10:40am-11:20am
152903 Olney SwC 7/3 M,Tu,W 10:15am-10:45am
152901 Olney SwC 6/27 Tu 5:55pm- 6:25pm

Tip for a Healthier Life:

Conquer your fears! Learn how to enjoy the water. All levels of ability welcome.

**OSC-Pre-School**

Designed for children 3-5 years of age. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions \$45.00
152910 Olney SwC 6/22 Th 9:30am-10:00am
152906 Olney SwC 6/24 Sa 10:00am-10:30am
152907 Olney SwC 6/24 Sa 12:00pm-12:30pm
152908 Olney SwC 6/25 Su 10:00am-10:30am
152909 Olney SwC 6/25 Su 12:00pm-12:30pm
152911 Olney SwC 6/27 Tu 6:30pm- 7:00pm
152912 Olney SwC 6/28 W 6:25pm- 6:55pm
152913 Olney SwC 7/3 M,Tu,W 10:55am-11:25am
152914 Olney SwC 7/17 M,Tu,W 9:00am- 9:30am

OSC-Pre-Beginner-Level 1

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills. Class size is limited to 5 students.

6 Sessions \$54.00
152990 Olney SwC 6/19 M,Tu,W 9:00am- 9:30am
152991 Olney SwC 6/19 M,Tu,W 9:00am- 9:30am
152992 Olney SwC 6/19 M,Tu,W 9:35am-10:05am
152993 Olney SwC 6/19 M,Tu,W 10:15am-10:45am
152994 Olney SwC 6/19 M,Tu,W 10:15am-10:45am
152995 Olney SwC 6/19 M,Tu,W 10:55am-11:25am
152976 Olney SwC 6/22 Th 9:30am-10:00am
152977 Olney SwC 6/22 Th 10:10am-10:40am
152978 Olney SwC 6/22 Th 10:50am-11:20am
152979 Olney SwC 6/22 Th 5:55pm- 6:25pm
153011 Olney SwC 6/22 Th 6:30pm- 7:00pm
152963 Olney SwC 6/24 Sa 10:00am-10:30am
152964 Olney SwC 6/24 Sa 10:00am-10:30am
152965 Olney SwC 6/24 Sa 10:40am-11:10am
152966 Olney SwC 6/24 Sa 11:20am-11:50am
152967 Olney SwC 6/24 Sa 12:00pm-12:30pm
152968 Olney SwC 6/24 Sa 12:00pm-12:30pm
152969 Olney SwC 6/25 Su 10:00am-10:30am
152970 Olney SwC 6/25 Su 10:00am-10:30am
152971 Olney SwC 6/25 Su 10:40am-11:10am
152972 Olney SwC 6/25 Su 11:20am-11:50am
152973 Olney SwC 6/25 Su 11:20am-11:50am
152974 Olney SwC 6/25 Su 12:00pm-12:30pm
152975 Olney SwC 6/25 Su 12:00pm-12:30pm
152986 Olney SwC 6/27 Tu 5:55pm- 6:25pm
152987 Olney SwC 6/27 Tu 5:55pm- 6:25pm
152988 Olney SwC 6/27 Tu 6:30pm- 7:00pm
152989 Olney SwC 6/28 W 7:05pm- 7:35pm
153012 Olney SwC 6/28 W 6:25pm- 6:55pm



152996	Olney SwC	7/3	M,Tu,W	9:00am- 9:30am
152997	Olney SwC	7/3	M,Tu,W	9:00am- 9:30am
152998	Olney SwC	7/3	M,Tu,W	9:35am-10:05am
152999	Olney SwC	7/3	M,Tu,W	10:15am-10:45am
153000	Olney SwC	7/3	M,Tu,W	10:15am-10:45am
153001	Olney SwC	7/3	M,Tu,W	10:55am-11:25am
153002	Olney SwC	7/3	M,Tu,W	10:55am-11:25am
153003	Olney SwC	7/17	M,Tu,W	9:00am- 9:30am
153004	Olney SwC	7/17	M,Tu,W	9:00am- 9:30am
153005	Olney SwC	7/17	M,Tu,W	9:35am-10:05am
153006	Olney SwC	7/17	M,Tu,W	9:35am-10:05am
153007	Olney SwC	7/17	M,Tu,W	10:55am-11:25am
153008	Olney SwC	7/31	M,Tu,W	9:00am- 9:30am
153009	Olney SwC	7/31	M,Tu,W	9:35am-10:05am
153010	Olney SwC	7/31	M,Tu,W	10:15am-10:45am

OSC-Pre-Beginner-Level 2

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 6 students.

6 Sessions \$52.00

153271	Olney SwC	6/19	M,Tu,W	9:00am- 9:30am
153272	Olney SwC	6/19	M,Tu,W	9:35am-10:05am
153273	Olney SwC	6/19	M,Tu,W	10:15am-10:45am
153504	Olney SwC	6/19	M,Tu,W	10:55am-11:25am
153262	Olney SwC	6/22	Th	9:30am-10:00am
153263	Olney SwC	6/22	Th	10:50am-11:20am
153264	Olney SwC	6/22	Th	5:55pm- 6:25pm
153265	Olney SwC	6/22	Th	6:30pm- 7:00pm
153254	Olney SwC	6/24	Sa	10:00am-10:30am
153255	Olney SwC	6/24	Sa	10:40am-11:10am
153256	Olney SwC	6/24	Sa	11:20am-11:50am
153257	Olney SwC	6/24	Sa	12:00pm-12:30pm
153258	Olney SwC	6/25	Su	10:00am-10:30am
153259	Olney SwC	6/25	Su	10:40am-11:10am
153260	Olney SwC	6/25	Su	11:20am-11:50am
153261	Olney SwC	6/25	Su	12:00pm-12:30pm
153289	Olney SwC	6/25	Su	12:00pm-12:30pm
153266	Olney SwC	6/27	Tu	5:55pm- 6:25pm
153267	Olney SwC	6/27	Tu	6:30pm- 7:00pm
153268	Olney SwC	6/28	W	6:25pm- 6:55pm
153269	Olney SwC	6/28	W	7:05pm- 7:35pm
153270	Olney SwC	6/28	W	7:45pm- 8:15pm
153290	Olney SwC	6/28	W	7:45pm- 8:15pm
153274	Olney SwC	7/3	M,Tu,W	9:00am- 9:30am
153275	Olney SwC	7/3	M,Tu,W	9:35am-10:05am
153276	Olney SwC	7/3	M,Tu,W	10:55am-11:25am
153277	Olney SwC	7/17	M,Tu,W	9:00am- 9:30am
153278	Olney SwC	7/17	M,Tu,W	9:35am-10:05am
153279	Olney SwC	7/17	M,Tu,W	10:15am-10:45am
153280	Olney SwC	7/17	M,Tu,W	10:55am-11:25am
153291	Olney SwC	7/17	M,Tu,W	10:15am-10:45am
153281	Olney SwC	7/31	M,Tu,W	9:00am- 9:30am
153283	Olney SwC	7/31	M,Tu,W	10:15am-10:45am
153284	Olney SwC	7/31	M,Tu,W	10:55am-11:25am

OSC-Pre-Beginner-Level 3

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for minimum of 5 yards. Swim lessons for all ages and abilities. Class size is limited to 6 students.

6 Sessions \$52.00

153303	Olney SwC	6/19	M,Tu,W	9:35am-10:05am
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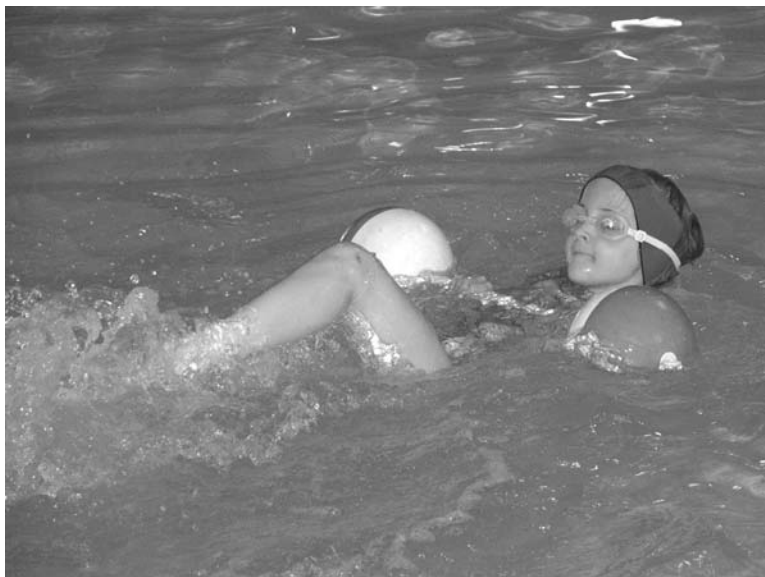
153304	Olney SwC	6/19	M,Tu,W	10:55am-11:25am
153298	Olney SwC	6/22	Th	10:10am-10:40am
153292	Olney SwC	6/24	Sa	10:40am-11:10am
153293	Olney SwC	6/24	Sa	11:20am-11:50am
153294	Olney SwC	6/24	Sa	12:00pm-12:30pm
153295	Olney SwC	6/25	Su	10:40am-11:10am
153296	Olney SwC	6/25	Su	11:20am-11:50am
153299	Olney SwC	6/27	Tu	6:30pm- 7:00pm
153300	Olney SwC	6/28	W	6:25pm- 6:55pm
153301	Olney SwC	6/28	W	7:05pm- 7:35pm
153302	Olney SwC	6/28	W	7:45pm- 8:15pm
153305	Olney SwC	7/3	M,Tu,W	9:35am-10:05am
153306	Olney SwC	7/3	M,Tu,W	10:15am-10:45am
153307	Olney SwC	7/17	M,Tu,W	9:00am- 9:30am
153309	Olney SwC	7/17	M,Tu,W	10:55am-11:25am
153310	Olney SwC	7/31	M,Tu,W	9:00am- 9:30am
153311	Olney SwC	7/31	M,Tu,W	10:55am-11:25am

OSC-Pre-Beginner-Level 4

Designed for children 4-6 years old. Parents DO NOT accompany children. For students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 6 student.

6 Sessions \$52.00

153317	Olney SwC	6/19	M,Tu,W	10:55am-11:25am
153313	Olney SwC	6/24	Sa	11:20am-11:50am
153314	Olney SwC	6/25	Su	10:00am-10:30am
153315	Olney SwC	6/25	Su	10:40am-11:10am
153318	Olney SwC	7/3	M,Tu,W	9:35am-10:05am
153319	Olney SwC	7/17	M,Tu,W	9:35am-10:05am



OSC-Youth-Level 1

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who need to learn basic water adjustment skills. Class size is limited to 8 students.

6 Sessions \$47.00

153324	Olney SwC	6/19	M,Tu,W	9:00am- 9:30am
153321	Olney SwC	6/24	Sa	10:00am-10:30am
153322	Olney SwC	6/25	Su	10:00am-10:30am
153323	Olney SwC	6/28	W	6:25pm- 6:55pm
153325	Olney SwC	7/3	M,Tu,W	10:55am-11:25am
153326	Olney SwC	7/17	M,Tu,W	10:55am-11:25am

OSC-Youth-Level 2

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 8 students.

6 Sessions				\$47.00
153333	Olney SwC	6/19	M,Tu,W	9:00am- 9:30am
153327	Olney SwC	6/24	Sa	10:00am-10:30am
153328	Olney SwC	6/24	Sa	10:40am-11:10am
153329	Olney SwC	6/25	Su	10:00am-10:30am
153330	Olney SwC	6/25	Su	10:40am-11:10am
153332	Olney SwC	6/28	W	6:25pm- 6:55pm
153335	Olney SwC	7/3	M,Tu,W	9:00am- 9:30am
153336	Olney SwC	7/17	M,Tu,W	9:00am- 9:30am
153337	Olney SwC	7/31	M,Tu,W	9:35am-10:05am

OSC-Youth-Level 3

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions				\$45.00
153359	Olney SwC	6/19	M,Tu,W	9:35am-10:05am
153357	Olney SwC	6/22	Th	10:50am-11:20am
153354	Olney SwC	6/24	Sa	10:40am-11:10am
153355	Olney SwC	6/25	Su	10:40am-11:10am
153356	Olney SwC	6/25	Su	11:20am-11:50am
153358	Olney SwC	6/28	W	7:05pm- 7:35pm
153360	Olney SwC	7/3	M,Tu,W	9:00am- 9:30am
153361	Olney SwC	7/17	M,Tu,W	10:15am-10:45am
153362	Olney SwC	7/17	M,Tu,W	10:55am-11:25am
153363	Olney SwC	7/31	M,Tu,W	9:35am-10:05am

**OSC-Youth-Level 4**

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions				\$45.00
153368	Olney SwC	6/19	M,Tu,W	10:15am-10:45am
153366	Olney SwC	6/22	Th	10:10am-10:40am
153364	Olney SwC	6/24	Sa	11:20am-11:50am
153365	Olney SwC	6/25	Su	11:20am-11:50am
153367	Olney SwC	6/28	W	7:05pm- 7:35pm
153369	Olney SwC	7/3	M,Tu,W	10:55am-11:25am
153370	Olney SwC	7/17	M,Tu,W	10:55am-11:25am
153371	Olney SwC	7/31	M,Tu,W	10:15am-10:45am

OSC-Youth-Level 5

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions				\$45.00
153377	Olney SwC	6/19	M,Tu,W	9:35am-10:05am
153375	Olney SwC	6/22	Th	9:30am-10:00am
153373	Olney SwC	6/24	Sa	12:00pm-12:30pm
153374	Olney SwC	6/25	Su	12:00pm-12:30pm
153376	Olney SwC	6/28	W	7:45pm- 8:15pm
153378	Olney SwC	7/3	M,Tu,W	10:15am-10:45am
153379	Olney SwC	7/17	M,Tu,W	10:15am-10:45am
153381	Olney SwC	7/31	M,Tu,W	10:55am-11:25am

OSC-Youth-Level 6

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Class size is limited to 10 students.

6 Sessions				\$45.00
153382	Olney SwC	6/24	Sa	12:00pm-12:30pm
153383	Olney SwC	6/25	Su	12:00pm-12:30pm
153384	Olney SwC	7/3	M,Tu,W	9:35am-10:05am
153385	Olney SwC	7/17	M,Tu,W	9:35am-10:05am

OSC-Adult-Level 1

Designed for teenagers and adults (14 years and older). This class is designed for those students who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught. Class size is limited to 6 students.

6 Sessions				\$54.00
153387	Olney SwC	6/22	Th	5:55pm- 6:25pm
153388	Olney SwC	6/28	W	7:45pm- 8:15pm
153389	Olney SwC	7/3	M,Tu,W	9:35am-10:05am

OSC-Adult-Level 2

Designed for teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 10 students.

6 Sessions				\$52.00
153390	Olney SwC	6/24	Sa	11:20am-11:50am
153391	Olney SwC	6/28	W	7:05pm- 7:35pm
153392	Olney SwC	7/3	M,Tu,W	9:00am- 9:30am
153393	Olney SwC	7/17	M,Tu,W	10:15am-10:45am

OSC-Adult-Level 3

Designed for teenagers and adults (14 years and older) who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions				\$52.00
153404	Olney SwC	6/24	Sa	10:00am-10:30am
153405	Olney SwC	6/28	W	7:45pm- 8:15pm
153406	Olney SwC	7/3	M,Tu,W	10:15am-10:45am
153407	Olney SwC	7/17	M,Tu,W	9:35am-10:05am

OSC-Adult-Level 4

Designed for teenagers and adults (14 years and older) for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions				\$52.00
153409	Olney SwC	6/24	Sa	10:40am-11:10am

Unsure what level is right for your child? We offer screening to make sure your child is in the right class.

Bethesda Outdoor Pool

Phone: 301-652-1598

Registration begins June 5. Swim lessons for all ages and abilities. Screening is available to evaluate the students abilities. Please call the lesson coordinator at 301-652-1598 to schedule a time (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Courses are scheduled for eight 30 minute sessions with the goal to have six sessions due to weather. Morning classes are held on July 4th.

See page 12 for registration information.

Beth-Waterbabies

Designed for children 6-18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

8 Sessions				\$45.00	
156673	Bethesda Pool	6/17	Sa	9:40am-10:10am	
156674	Bethesda Pool	6/17	Sa	10:20am-10:50am	
156675	Bethesda Pool	6/18	Su	9:40am-10:10am	
156668	Bethesda Pool	6/19	M-Th	10:00am-10:30am	
156669	Bethesda Pool	7/3	M-Th	10:00am-10:30am	
156670	Bethesda Pool	7/17	M-Th	10:00am-10:30am	
156671	Bethesda Pool	7/31	M-Th	10:00am-10:30am	



Beth-Aquatots

Designed for children 18 months-3 years of age. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

8 Sessions				\$45.00	
155610	Bethesda Pool	6/17	Sa	9:40am-10:10am	
155613	Bethesda Pool	6/17	Sa	9:00am- 9:30am	
155611	Bethesda Pool	6/18	Su	9:00am- 9:30am	
155612	Bethesda Pool	6/18	Su	9:40am-10:10am	
155606	Bethesda Pool	6/19	M-Th	10:35am-11:05am	
155607	Bethesda Pool	7/3	M-Th	10:35am-11:05am	
155608	Bethesda Pool	7/17	M-Th	10:35am-11:05am	
155609	Bethesda Pool	7/31	M-Th	10:35am-11:05am	

Beth-Pre-School

Designed for children 3-5 years of age. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

8 Sessions				\$45.00	
156690	Bethesda Pool	6/17	Sa	9:00am- 9:30am	
156692	Bethesda Pool	6/18	Su	10:20am-10:50am	
156699	Bethesda Pool	6/18	Su	9:00am- 9:30am	
156684	Bethesda Pool	6/19	M-Th	10:00am-10:30am	
156685	Bethesda Pool	7/3	M-Th	10:00am-10:30am	
156686	Bethesda Pool	7/17	M-Th	10:00am-10:30am	
156688	Bethesda Pool	7/31	M-Th	10:00am-10:30am	

Beth-Pre-Beginner-Level 1

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills. Class size is limited to 5 students.

8 Sessions				\$54.00	
156655	Bethesda Pool	6/17	Sa	9:00am- 9:30am	
156656	Bethesda Pool	6/17	Sa	10:20am-10:50am	
156657	Bethesda Pool	6/18	Su	9:00am- 9:30am	
156658	Bethesda Pool	6/18	Su	9:40am-10:10am	
156659	Bethesda Pool	6/18	Su	10:20am-10:50am	
156647	Bethesda Pool	6/19	M-Th	10:00am-10:30am	
156648	Bethesda Pool	6/19	M-Th	10:35am-11:05am	
156649	Bethesda Pool	7/3	M-Th	10:00am-10:30am	
156650	Bethesda Pool	7/3	M-Th	10:35am-11:05am	
156651	Bethesda Pool	7/17	M-Th	10:00am-10:30am	
156652	Bethesda Pool	7/17	M-Th	10:35am-11:05am	
156653	Bethesda Pool	7/31	M-Th	10:00am-10:30am	
156654	Bethesda Pool	7/31	M-Th	10:35am-11:05am	

Beth-Pre-Beginner-Level 2

Designed for children 4-6 years. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on thier front. Class size is limited to 6 students.

8 Sessions				\$52.00	
156681	Bethesda Pool	6/17	Sa	9:40am-10:10am	
156682	Bethesda Pool	6/18	Su	9:00am- 9:30am	
156683	Bethesda Pool	6/18	Su	10:20am-10:50am	
156676	Bethesda Pool	6/19	M-Th	10:00am-10:30am	
156677	Bethesda Pool	6/19	M-Th	10:35am-11:05am	
156678	Bethesda Pool	7/3	M-Th	10:00am-10:30am	
156679	Bethesda Pool	7/17	M-Th	10:35am-11:05am	
156680	Bethesda Pool	7/31	M-Th	10:35am-11:05am	

Beth-Pre-Beginner-Level 3

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 6 student.

8 Sessions				\$52.00	
156693	Bethesda Pool	6/17	Sa	10:20am-10:50am	
156700	Bethesda Pool	6/18	Su	10:20am-10:50am	
156687	Bethesda Pool	6/19	M-Th	10:35am-11:05am	
156689	Bethesda Pool	7/3	M-Th	10:35am-11:05am	
156691	Bethesda Pool	7/17	M-Th	10:35am-11:05am	

Need an additional registration form?

Download one from our website at
www.montgomerycountymd.gov/rec

*Enjoy the
water while
your child
learns basic
water skills.*

Beth-Pre-Beginner-Level 4

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a coordinated front and back crawl for 15 yards (the width of the pool) and are comfortable in deep water. Class size is limited to 6 students.

8 Sessions \$52.00

156695	Bethesda Pool	7/17	M-Th	10:00am-10:30am
156696	Bethesda Pool	7/31	M-Th	10:35am-11:05am

Beth-Youth-Level 1

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). For students who need to learn basic water adjustment skills. Class size is limited to 8 students.

8 Sessions \$47.00

156667	Bethesda Pool	6/18	Su	9:40am-10:10am
156662	Bethesda Pool	6/19	M-Th	10:00am-10:30am
156664	Bethesda Pool	7/3	M-Th	10:35am-11:05am
156665	Bethesda Pool	7/31	M-Th	10:00am-10:30am

**Beth-Youth-Level 2**

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 8 students.

8 Sessions \$47.00

156645	Bethesda Pool	6/17	Sa	9:40am-10:10am
156642	Bethesda Pool	6/19	M-Th	10:35am-11:05am
156643	Bethesda Pool	7/3	M-Th	10:00am-10:30am
156644	Bethesda Pool	7/31	M-Th	10:00am-10:30am

Beth-Youth-Level 3

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

8 Sessions \$45.00

156641	Bethesda Pool	6/17	Sa	9:00am- 9:30am
156639	Bethesda Pool	7/17	M-Th	10:00am-10:30am

Beth-Youth-Level 4

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

8 Sessions \$45.00

156635	Bethesda Pool	6/17	Sa	10:20am-10:50am
156634	Bethesda Pool	7/3	M-Th	10:35am-11:05am

**Beth-Youth-Level 5**

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). For students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

8 Sessions \$45.00

156633	Bethesda Pool	7/31	M-Th	10:35am-11:05am
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Beth-Adult-Level 2

Designed for teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 10 students.

8 Sessions \$52.00

156637	Bethesda Pool	6/19	M, W	8:10pm- 8:40pm
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Beth-Adult-Level 3

Designed for teenagers and adults (14 years and older) who can already swim a combine stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

8 Sessions \$52.00

156638	Bethesda Pool	7/17	M, W	8:10pm- 8:40pm
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Germantown Outdoor Pool

Phone: 301-601-1690

Registration begins June 5. Swim lessons for all ages and abilities. Screening is available to evaluate the students abilities. Please call the lesson coordinator at 301-601-1690 to schedule a time (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Courses are scheduled for eight 30 minute sessions with the goal to have six sessions due to weather. Morning classes are held on July 4th.

See page 12 for registration information.

Gtown-Waterbabies

Designed for children 6-18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

8 Sessions \$45.00

156203	Germantown Outdr	6/17	Sa	10:10am-10:40am
156199	Germantown Outdr	6/19	M-Th	9:40am-10:20am
156200	Germantown Outdr	7/3	M-Th	10:30am-11:00am
156201	Germantown Outdr	7/17	M-Th	10:30am-11:00am
156202	Germantown Outdr	7/31	M-Th	9:40am-10:20am

Gtown-Aquatots

Designed for children 18 months-3 years of age. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

8 Sessions \$45.00

155658	Germantown Outdr	6/17	Sa	10:10am-10:40am
155654	Germantown Outdr	6/19	M-Th	10:20am-10:50am
155655	Germantown Outdr	6/19	M-Th	9:00am- 9:30am
155656	Germantown Outdr	7/17	M-Th	9:40am-10:20am
155657	Germantown Outdr	7/31	M-Th	9:00am- 9:30am



Gtown-Pre-School

Designed for children 3-5 years of age. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

8 Sessions \$45.00

156208	Germantown Outdr	6/17	Sa	9:30am-10:00am
156204	Germantown Outdr	6/19	M-Th	9:00am- 9:30am
156205	Germantown Outdr	7/3	M-Th	9:40am-10:20am
156206	Germantown Outdr	7/17	M-Th	9:00am- 9:30am
156207	Germantown Outdr	7/31	M-Th	10:30am-11:00am

Gtown-Pre-Beginner-Level 1

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills. Class size is limited to 5 students.

8 Sessions \$54.00

155898	Germantown Outdr	6/17	Sa	9:00am- 9:30am
155899	Germantown Outdr	6/17	Sa	9:30am-10:00am
155900	Germantown Outdr	6/17	Sa	10:10am-10:40am
155901	Germantown Outdr	6/17	Sa	10:40am-11:10am
155902	Germantown Outdr	6/18	Su	9:30am-10:00am
155886	Germantown Outdr	6/19	M-Th	9:00am- 9:30am
155887	Germantown Outdr	6/19	M-Th	9:00am- 9:30am
155888	Germantown Outdr	6/19	M-Th	9:40am-10:20am
155889	Germantown Outdr	6/19	M-Th	10:30am-11:00am
155890	Germantown Outdr	7/3	M-Th	9:00am- 9:30am
155891	Germantown Outdr	7/3	M-Th	9:40am-10:20am
155892	Germantown Outdr	7/17	M-Th	9:00am- 9:30am
155893	Germantown Outdr	7/17	M-Th	9:40am-10:20am
155894	Germantown Outdr	7/17	M-Th	10:30am-11:00am
155895	Germantown Outdr	7/31	M-Th	9:00am- 9:30am
155896	Germantown Outdr	7/31	M-Th	9:40am-10:20am
155897	Germantown Outdr	7/31	M-Th	9:40am-10:20am

Gtown-Pre-Beginner-Level 2

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 6 students.

8 Sessions \$52.00

156225	Germantown Outdr	6/17	Sa	10:40am-11:10am
156226	Germantown Outdr	6/18	Su	9:30am-10:00am
156217	Germantown Outdr	6/19	M-Th	9:00am- 9:30am
156218	Germantown Outdr	6/19	M-Th	9:40am-10:20am
156219	Germantown Outdr	7/3	M-Th	9:00am- 9:30am
156220	Germantown Outdr	7/3	M-Th	10:30am-11:00am
156221	Germantown Outdr	7/17	M-Th	9:00am- 9:30am
156222	Germantown Outdr	7/17	M-Th	10:30am-11:00am
156223	Germantown Outdr	7/31	M-Th	9:00am- 9:30am
156224	Germantown Outdr	7/31	M-Th	10:30am-11:00am

Gtown-Pre-Beginner-Level 3

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 6 students.

8 Sessions \$52.00

156212	Germantown Outdr	6/17	Sa	9:30am-10:00am
156213	Germantown Outdr	6/17	Sa	10:40am-11:10am
156214	Germantown Outdr	6/18	Su	10:10am-10:40am
156209	Germantown Outdr	7/3	M-Th	9:40am-10:20am
156210	Germantown Outdr	7/17	M-Th	9:00am- 9:30am
156211	Germantown Outdr	7/31	M-Th	10:30am-11:00am

Gtown-Youth-Level 1

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who need to learn basic water adjustment skills. Class size is limited to 8 students.

8 Sessions \$47.00

156191	Germantown Outdr	6/17	Sa	9:00am- 9:30am
156184	Germantown Outdr	6/19	M-Th	9:00am- 9:30am
156185	Germantown Outdr	6/19	M-Th	9:40am-10:20am
156186	Germantown Outdr	6/19	M-Th	10:30am-11:00am
156187	Germantown Outdr	7/3	M-Th	9:00am- 9:30am
156188	Germantown Outdr	7/3	M-Th	10:30am-11:00am
156189	Germantown Outdr	7/17	M-Th	9:40am-10:20am
156190	Germantown Outdr	7/31	M-Th	9:40am-10:20am

Gtown-Youth-Level 2

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 8 students.

8 Sessions \$47.00

156182	Germantown Outdr	6/17	Sa	9:00am- 9:30am
156183	Germantown Outdr	6/18	Su	9:30am-10:00am
156172	Germantown Outdr	6/19	M-Th	9:40am-10:20am
156173	Germantown Outdr	6/19	M-Th	10:30am-11:00am
156174	Germantown Outdr	7/3	M-Th	9:00am- 9:30am
156175	Germantown Outdr	7/3	M-Th	9:40am-10:20am
156176	Germantown Outdr	7/3	M-Th	10:30am-11:00am
156177	Germantown Outdr	7/17	M-Th	9:40am-10:20am
156178	Germantown Outdr	7/31	M-Th	9:00am- 9:30am
156179	Germantown Outdr	7/31	M-Th	9:40am-10:20am

Gtown-Youth-Level 3

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

8 Sessions \$45.00

156171	Germantown Outdr	6/18	Su	10:10am-10:40am
156164	Germantown Outdr	6/19	M-Th	10:30am-11:00am
156165	Germantown Outdr	7/3	M-Th	9:40am-10:20am
156166	Germantown Outdr	7/17	M-Th	9:00am- 9:30am
156167	Germantown Outdr	7/31	M-Th	9:00am- 9:30am
156168	Germantown Outdr	7/31	M-Th	10:30am-11:00am

Tip for a Healthier Life:

Conquer your fears! Learn how to enjoy the water. All levels of ability welcome.



Gtown-Youth-Level 4

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

8 Sessions					\$45.00
156163	Germantown Outdr	6/18	Su	10:10am-10:40am	
156156	Germantown Outdr	7/3	M-Th	10:30am-11:00am	
156157	Germantown Outdr	7/3	M-Th	9:40am-10:20am	
156158	Germantown Outdr	7/17	M-Th	10:30am-11:00am	
156159	Germantown Outdr	7/31	M-Th	10:30am-11:00am	

Gtown-Youth-Level 5

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). For students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

8 Sessions					\$45.00
156154	Germantown Outdr	6/19	M-Th	10:30am-11:00am	

Glenmont Outdoor Pool

Phone: 301-929-5460

Registration begins June 5. Swim lessons for all ages and abilities. Screening is available to evaluate the students abilities. Please call the lesson coordinator at 301-929-5460 to schedule a time (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Courses are scheduled for eight 30 minute sessions with the goal to have six sessions due to weather. Morning classes are held on July 4th.

See page 12 for registration information.

Glen-Waterbabies

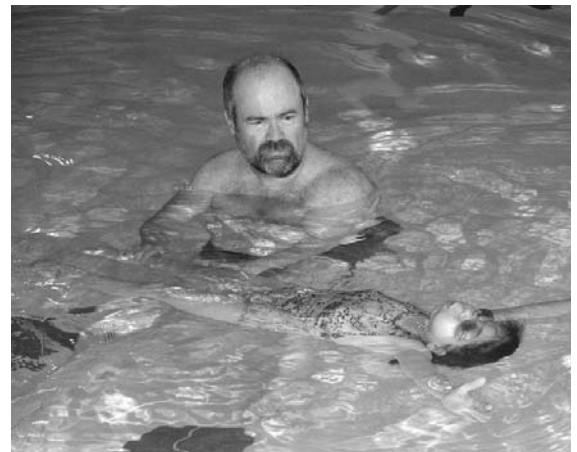
Designed for children 6-18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

8 Sessions					\$45.00
155713	Wheaton/Glenmont	6/17	Sa	10:30am-11:00am	
155714	Wheaton/Glenmont	6/19	M-Th	9:50am-10:20am	
155715	Wheaton/Glenmont	7/3	M-Th	9:50am-10:20am	
155716	Wheaton/Glenmont	7/17	M-Th	10:30am-11:00am	
155717	Wheaton/Glenmont	7/31	M-Th	10:30am-11:00am	

Glen-Aquatots

Designed for children 18 months-3 years of age. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

8 Sessions					\$45.00
155754	Wheaton/Glenmont	6/17	Sa	11:15am-11:45am	
155755	Wheaton/Glenmont	6/18	Su	9:45am-10:15am	
155756	Wheaton/Glenmont	7/3	M-Th	10:30am-11:00am	
155757	Wheaton/Glenmont	7/17	M-Th	9:15am- 9:45am	
155758	Wheaton/Glenmont	7/17	M-Th	9:50am-10:20am	
155759	Wheaton/Glenmont	7/31	M-Th	9:15am- 9:45am	

**Glen-Pre-School**

Designed for children 3-5 years of age. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

8 Sessions					\$45.00
155760	Wheaton/Glenmont	6/17	Sa	9:45am-10:15am	
155761	Wheaton/Glenmont	6/18	Su	11:15am-11:45am	
155762	Wheaton/Glenmont	6/19	M-Th	9:15am- 9:30am	
155763	Wheaton/Glenmont	6/19	M-Th	10:30am-11:00am	
155764	Wheaton/Glenmont	7/3	M-Th	9:15am- 9:45am	
155765	Wheaton/Glenmont	7/17	M-Th	9:15am- 9:45am	
155766	Wheaton/Glenmont	7/31	M-Th	9:15am- 9:45am	
155767	Wheaton/Glenmont	7/31	M-Th	9:50am-10:20am	

Glen-Pre-Beginner-Level 1

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills. Class size is limited to 5 students.

8 Sessions					\$54.00
155768	Wheaton/Glenmont	6/17	Sa	10:30am-11:00am	
155769	Wheaton/Glenmont	6/17	Sa	11:15am-11:45am	
155770	Wheaton/Glenmont	6/18	Su	9:45am-10:15am	
155771	Wheaton/Glenmont	6/18	Su	10:30am-11:00am	
155772	Wheaton/Glenmont	6/19	M-Th	9:15am- 9:45am	
155773	Wheaton/Glenmont	6/19	M-Th	9:15am- 9:45am	
155774	Wheaton/Glenmont	6/19	M-Th	9:50am-10:20am	
155775	Wheaton/Glenmont	6/19	M-Th	9:50am-10:20am	
155776	Wheaton/Glenmont	6/19	M-Th	10:30am-11:00am	
155777	Wheaton/Glenmont	6/19	M-Th	10:30am-11:00am	
155778	Wheaton/Glenmont	7/3	M-Th	9:15am- 9:45am	
155779	Wheaton/Glenmont	7/3	M-Th	9:15am- 9:45am	
155780	Wheaton/Glenmont	7/3	M-Th	9:50am-10:20am	
155781	Wheaton/Glenmont	7/3	M-Th	9:50am-10:20am	
155782	Wheaton/Glenmont	7/3	M-Th	10:30am-11:00am	
155783	Wheaton/Glenmont	7/17	M-Th	9:15am- 9:45am	
155784	Wheaton/Glenmont	7/17	M-Th	9:50am-10:20am	
155785	Wheaton/Glenmont	7/17	M-Th	9:50am-10:20am	
155786	Wheaton/Glenmont	7/17	M-Th	10:30am-11:00am	
155787	Wheaton/Glenmont	7/17	M-Th	10:30am-11:00am	
155788	Wheaton/Glenmont	7/31	M-Th	9:50am-10:20am	
155789	Wheaton/Glenmont	7/31	M-Th	10:30am-11:00am	

Glen-Pre-Beginner-Level 2

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on thier front. Class size is limited to 6 students.



Ready...set, jump into our swim lessons!

8 Sessions

\$52.00

155808	Wheaton/Glenmont	6/17	Sa	9:45am-10:15am
155809	Wheaton/Glenmont	6/17	Sa	11:15am-11:45am
155810	Wheaton/Glenmont	6/18	Su	10:30am-11:00am
155811	Wheaton/Glenmont	6/19	M-Th	9:15am- 9:45am
155812	Wheaton/Glenmont	6/19	M-Th	9:15am- 9:45am
155813	Wheaton/Glenmont	6/19	M-Th	9:50am-10:20am
155814	Wheaton/Glenmont	6/19	M-Th	10:30am-11:00am
155815	Wheaton/Glenmont	6/19	M-Th	10:30am-11:00am
155816	Wheaton/Glenmont	7/3	M-Th	9:15am- 9:45am
155817	Wheaton/Glenmont	7/3	M-Th	9:15am- 9:45am
155818	Wheaton/Glenmont	7/3	M-Th	9:50am-10:20am
155819	Wheaton/Glenmont	7/3	M-Th	9:50am-10:20am
155820	Wheaton/Glenmont	7/3	M-Th	10:30am-11:00am
155821	Wheaton/Glenmont	7/17	M-Th	9:15am- 9:45am
155822	Wheaton/Glenmont	7/17	M-Th	9:50am-10:20am
155823	Wheaton/Glenmont	7/17	M-Th	10:30am-11:00am
155824	Wheaton/Glenmont	7/31	M-Th	9:15am- 9:45am
155825	Wheaton/Glenmont	7/31	M-Th	10:30am-11:00am

Glen-Pre-Beginner-Level 3

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 6 students.

8 Sessions

\$52.00

155826	Wheaton/Glenmont	6/19	M-Th	9:50am-10:20am
155827	Wheaton/Glenmont	6/19	M-Th	9:50am-10:20am
155828	Wheaton/Glenmont	6/19	M-Th	10:30am-11:00am
155829	Wheaton/Glenmont	7/3	M-Th	10:30am-11:00am
155830	Wheaton/Glenmont	7/3	M-Th	10:30am-11:00am
155831	Wheaton/Glenmont	7/17	M-Th	9:15am- 9:45am
155832	Wheaton/Glenmont	7/17	M-Th	10:30am-11:00am
155833	Wheaton/Glenmont	7/31	M-Th	9:15am- 9:45am
155834	Wheaton/Glenmont	7/31	M-Th	9:50am-10:20am

Glen-Pre-Beginner-Level 4

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a coordinated front and back crawl for 15 yards (the width of the pool) and are comfortable in deep water. Class size is limited to 6 students.

8 Sessions

\$52.00

155835	Wheaton/Glenmont	6/19	M-Th	9:50am-10:20am
155836	Wheaton/Glenmont	7/31	M-Th	9:50am-10:20am
155837	Wheaton/Glenmont	7/31	M-Th	10:30am-11:00am

Glen-Youth-Level 1

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who need to learn basic water adjustment skills. Class size is limited to 8 students.

8 Sessions

\$47.00

156249	Wheaton/Glenmont	6/17	Sa	9:45am-10:15am
156250	Wheaton/Glenmont	6/18	Su	10:30am-11:00am
156251	Wheaton/Glenmont	6/19	M-Th	9:15am- 9:45am
156252	Wheaton/Glenmont	6/19	M-Th	9:50am-10:20am
156253	Wheaton/Glenmont	6/19	M-Th	10:30am-11:00am
156254	Wheaton/Glenmont	7/3	M-Th	9:15am- 9:45am
156255	Wheaton/Glenmont	7/3	M-Th	9:50am-10:20am
156256	Wheaton/Glenmont	7/3	M-Th	10:30am-11:00am
156257	Wheaton/Glenmont	7/17	M-Th	9:50am-10:20am
156258	Wheaton/Glenmont	7/17	M-Th	10:30am-11:00am
156259	Wheaton/Glenmont	7/31	M-Th	9:15am- 9:45am
156260	Wheaton/Glenmont	7/31	M-Th	9:50am-10:20am
156261	Wheaton/Glenmont	7/31	M-Th	10:30am-11:00am

Glen-Youth-Level 2

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 8 students.

8 Sessions

\$47.00

156269	Wheaton/Glenmont	6/17	Sa	10:30am-11:00am
156270	Wheaton/Glenmont	6/18	Su	11:15am-11:45am
156271	Wheaton/Glenmont	6/19	M-Th	9:15am- 9:45am
156272	Wheaton/Glenmont	6/19	M-Th	9:15am- 9:45am
156273	Wheaton/Glenmont	6/19	M-Th	9:50am-10:20am
156274	Wheaton/Glenmont	6/19	M-Th	10:30am-11:00am
156275	Wheaton/Glenmont	7/3	M-Th	9:15am- 9:45am
156276	Wheaton/Glenmont	7/3	M-Th	9:50am-10:20am
156277	Wheaton/Glenmont	7/3	M-Th	10:30am-11:00am
156278	Wheaton/Glenmont	7/17	M-Th	9:15am- 9:45am
156279	Wheaton/Glenmont	7/17	M-Th	10:30am-11:00am
156280	Wheaton/Glenmont	7/31	M-Th	9:15am- 9:45am
156281	Wheaton/Glenmont	7/31	M-Th	9:50am-10:20am
156282	Wheaton/Glenmont	7/31	M-Th	10:30am-11:00am



Glen-Youth-Level 3

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

8 Sessions

\$45.00

156328	Wheaton/Glenmont	6/18	Su	9:45am-10:15am
156329	Wheaton/Glenmont	6/19	M-Th	9:15am- 9:45am
156330	Wheaton/Glenmont	6/19	M-Th	9:50am-10:20am
156331	Wheaton/Glenmont	6/19	M-Th	10:30am-11:00am
156332	Wheaton/Glenmont	7/3	M-Th	9:15am- 9:45am
156333	Wheaton/Glenmont	7/3	M-Th	9:50am-10:20am
156334	Wheaton/Glenmont	7/3	M-Th	10:30am-11:00am
156335	Wheaton/Glenmont	7/17	M-Th	9:15am- 9:45am
156336	Wheaton/Glenmont	7/17	M-Th	10:30am-11:00am

Glen-Youth-Level 4

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

8 Sessions

\$45.00

156337	Wheaton/Glenmont	7/17	M-Th	9:15am- 9:45am
156338	Wheaton/Glenmont	7/17	M-Th	9:50am-10:20am
156339	Wheaton/Glenmont	7/31	M-Th	9:15am- 9:45am
156340	Wheaton/Glenmont	7/31	M-Th	9:50am-10:20am



Glen-Youth-Level 5

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). For students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

8 Sessions \$45.00
156341 Wheaton/Glenmont 7/31 M-Th 10:30am-11:00am

Glen-Youth-Level 6

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). For students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Class size is limited to 10 students.

8 Sessions \$45.00
156343 Wheaton/Glenmont 7/31 M-Th 9:50am-10:20am

**Glen-Adult-Level 1**

Designed for teenagers and adults (14 years and older) who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught. Class size is limited to 6 students.

8 Sessions \$54.00
156345 Wheaton/Glenmont 6/18 Su 11:15am-11:45am
156346 Wheaton/Glenmont 6/22 Th 8:10pm-8:40pm

Glen-Adult-Level 2

Designed for teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 10 students.

8 Sessions \$52.00
156347 Wheaton/Glenmont 6/20 Tu 8:10pm-8:40pm

Long Branch Outdoor Pool

Phone: 301-431-5700

Registration begins June 5. Swim lessons for all ages and abilities. Screening is available to evaluate the students abilities. Please call the lesson coordinator at 301-431-5700 to schedule a time (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all pre-requisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. **THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES.** Courses are scheduled for eight 30 minute sessions with the goal to have six sessions due to weather. Morning classes are held on July 4th.

See page 12 for registration information.

**LB-Waterbabies**

Designed for children 6-18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

8 Sessions \$45.00
155241 Long Branch Pool 6/18 Su 10:40am-11:20am
155242 Long Branch Pool 7/18 Tu, Th 7:20pm-7:50pm

LB-Aquatots

Designed for children 18 months-3 years of age. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

8 Sessions \$45.00
155431 Long Branch Pool 6/13 Tu, Th 8:00pm-8:30pm
155430 Long Branch Pool 6/18 Su 11:20am-11:50am

LB-Pre-School

Designed for children 3-5 years of age. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

8 Sessions \$45.00
155239 Long Branch Pool 6/13 Tu, Th 7:20pm-7:50pm
155238 Long Branch Pool 6/18 Su 11:20am-11:50am
155240 Long Branch Pool 7/18 Tu, Th 8:00pm-8:30pm

LB-Pre-Beginner-Level 1

For children 4-6 years old. Parents DO NOT accompany children. For students who need to learn basic water adjustment skills. Class size limited to 5 students.

8 Sessions \$54.00
155172 Long Branch Pool 6/18 Su 10:00am-10:30am
155173 Long Branch Pool 6/19 M-Th 10:00am-10:30am
155174 Long Branch Pool 7/3 M-Th 10:00am-10:30am
155175 Long Branch Pool 7/17 M-Th 10:00am-10:30am
155176 Long Branch Pool 7/31 M-Th 10:00am-10:30am

LB-Pre-Beginner-Level 2

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 6 students.

8 Sessions \$52.00
155178 Long Branch Pool 6/18 Su 10:00am-10:30am
155179 Long Branch Pool 6/19 M-Th 10:00am-10:30am
155180 Long Branch Pool 7/3 M-Th 10:00am-10:30am
155181 Long Branch Pool 7/17 M-Th 10:00am-10:30am
155457 Long Branch Pool 7/31 M-Th 10:00am-10:30am

LB-Pre-Beginner-Level 3

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 6 students.

8 Sessions \$52.00
155182 Long Branch Pool 6/18 Su 10:00am-10:30am
155183 Long Branch Pool 6/19 M-Th 10:00am-10:30am
155184 Long Branch Pool 7/3 M-Th 10:00am-10:30am

LB-Pre-Beginner-Level 4

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a coordinated front and back crawl for 15 yards (the width of the pool) and are comfortable in deep water. Class size is limited to 6 students.

8 Sessions \$52.00
155192 Long Branch Pool 6/13 Tu, Th 7:20pm-7:56pm
155191 Long Branch Pool 7/31 M-Th 10:40am-11:10am

LB-Youth-Level 1

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who need to learn basic water adjustment skills. Class size is limited to 8 students.

8 Sessions **\$47.00**

155416	Long Branch Pool	6/18	Su	10:40am-11:10am
155417	Long Branch Pool	6/19	M-Th	10:40am-11:10am
155418	Long Branch Pool	7/3	M-Th	10:40am-11:10am
155419	Long Branch Pool	7/17	M-Th	10:40am-11:10am
155420	Long Branch Pool	7/31	M-Th	10:40am-11:10am

LB-Youth-Level 2

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 8 students.

8 Sessions **\$47.00**

155425	Long Branch Pool	6/18	Su	10:40am-11:10am
155426	Long Branch Pool	6/19	M-Th	10:40am-11:10am
155427	Long Branch Pool	7/3	M-Th	10:40am-11:10am
155428	Long Branch Pool	7/17	M-Th	10:40am-11:10am
155429	Long Branch Pool	7/31	M-Th	10:40am-11:10am

LB-Youth-Level 3

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

8 Sessions **\$45.00**

155432	Long Branch Pool	6/18	Su	10:40am-11:10am
155433	Long Branch Pool	6/19	M-Th	10:40am-11:10am
155434	Long Branch Pool	7/3	M-Th	10:40am-11:10am
155435	Long Branch Pool	7/17	M-Th	10:40am-11:10am

LB-Youth-Level 4

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

8 Sessions **\$45.00**

155421	Long Branch Pool	6/18	Su	11:20am-11:50am
155422	Long Branch Pool	7/17	M-Th	10:00am-10:30am
155423	Long Branch Pool	7/18	Tu, Th	7:20pm- 7:50pm

LB-Youth-Level 5

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

8 Sessions **\$45.00**

155424	Long Branch Pool	7/31	M-Th	10:00am-10:30am
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LB-Adult-Level 1

Designed for teenagers and adults (14 years and older) who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught. Class size is limited to 6 students.

8 Sessions **\$54.00**

155155	Long Branch Pool	6/13	Tu, Th	8:00pm- 8:30pm
155154	Long Branch Pool	6/18	Su	11:20am-11:50am

LB-Adult-Level 2

Designed for teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 10 students.

8 Sessions **\$52.00**

155158	Long Branch Pool	6/18	Su	10:00am-10:30am
155159	Long Branch Pool	7/18	Tu, Th	8:00pm- 8:30pm

Upper County Outdoor Pool

Phone: 301-840-2446

Registration begins June 5. Swim lessons for all ages and abilities. Screening is available to evaluate the students abilities. Please call the lesson coordinator at 301-840-2446 to schedule a time (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all pre-requisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. **THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES.** Courses are scheduled for eight 30 minute sessions with the goal to have six sessions due to weather. Morning classes are held on July 4th.

See page 12 for registration information.



Swim lesson levels are based on the child's age, development level and ability.

Upper-Pre-School

Designed for children 3-5 years of age. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

8 Sessions **\$45.00**

152614	Upper County Pool	6/25	Su	10:35am-11:05am
152615	Upper County Pool	7/3	M-Th	9:35am-10:05am
152616	Upper County Pool	7/17	M-Th	10:10am-10:40am

Upper-Pre-Beginner-Level 1

Designed for children 4-6 years old. Parents **DO NOT** accompany children. This class is for students who need to learn basic water adjustment skills. Class size is limited to 5 students.

8 Sessions **\$54.00**

152601	Upper County Pool	6/25	Su	10:00am-10:30am
152602	Upper County Pool	6/25	Su	10:35am-11:05am
152613	Upper County Pool	6/25	Su	11:15am-11:45am
152603	Upper County Pool	6/19	M-Th	9:00am- 9:30am
152604	Upper County Pool	6/19	M-Th	9:35am-10:05am
152605	Upper County Pool	6/19	M-Th	10:10am-10:40am

152606	Upper County Pool	7/3	M-Th	9:00am- 9:30am
152607	Upper County Pool	7/3	M-Th	9:35am-10:05am
152608	Upper County Pool	7/17	M-Th	9:00am- 9:30am
152609	Upper County Pool	7/17	M-Th	9:35am-10:05am
152612	Upper County Pool	7/17	M-Th	10:10am-10:40am

Upper-Pre-Beginner-Level 2

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 6 students.

8 Sessions \$52.00

152617	Upper County Pool	6/25	Su	10:00am-10:30am
152618	Upper County Pool	6/25	Su	11:15am-11:45am
152619	Upper County Pool	6/19	M-Th	9:00am- 9:30am
152620	Upper County Pool	6/19	M-Th	10:10am-10:40am
152621	Upper County Pool	7/3	M-Th	9:00am- 9:30am
152622	Upper County Pool	7/3	M-Th	10:10am-10:40am
152623	Upper County Pool	7/17	M-Th	9:00am- 9:30am
152624	Upper County Pool	7/17	M-Th	10:10am-10:40am

Upper-Pre-Beginner-Level 3

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 6 students.

8 Sessions \$52.00

152626	Upper County Pool	6/25	Su	11:15am-11:45am
152627	Upper County Pool	6/19	M-Th	9:35am-10:05am
152628	Upper County Pool	7/3	M-Th	10:10am-10:40am
152629	Upper County Pool	7/17	M-Th	9:35am-10:05am

Upper-Youth-Level 1

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who need to learn basic water adjustment skills. Class size is limited to 8 students.

8 Sessions \$47.00

152632	Upper County Pool	6/25	Su	10:00am-10:30am
152630	Upper County Pool	6/19	M-Th	9:00am- 9:30am
152631	Upper County Pool	7/3	M-Th	10:10am-10:40am

Upper-Youth-Level 2

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 8 students.

8 Sessions \$47.00

152636	Upper County Pool	6/25	Su	10:35am-11:05am
152633	Upper County Pool	6/19	M-Th	9:35am-10:05am
152634	Upper County Pool	7/3	M-Th	9:00am- 9:30am
152635	Upper County Pool	7/17	M-Th	9:00am- 9:30am

Upper-Youth-Level 3

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

8 Sessions \$45.00

152642	Upper County Pool	6/19	M-Th	10:10am-10:40am
152643	Upper County Pool	7/3	M-Th	9:35am-10:05am
152644	Upper County Pool	7/17	M-Th	9:35am-10:05am

Western County Pool**Phone: 301-349-2217**

Registration begins June 5. Swim lessons for all ages and abilities. Screening is available to evaluate the students abilities. Please call the lesson coordinator at 301-349-2217 to schedule a time (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all pre-requisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Courses are scheduled for eight 30 minute sessions with the goal to have six sessions due to weather. Morning classes are held on July 4th.

See page 12 for registration information.

West-Waterbabies

Designed for children 6-18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

8 Sessions \$45.00

155864	Western County Pool	6/17	Sa	10:20am-10:50am
155865	Western County Pool	6/17	Sa	11:00am-11:30am
155860	Western County Pool	6/19	M-Th	11:00am-11:30am
155861	Western County Pool	7/3	M-Th	11:00am-11:30am
155862	Western County Pool	7/17	M-Th	10:20am-10:50am
155863	Western County Pool	7/31	M-Th	9:40am-10:10am

West-Aquatots

Designed for children 18 months-3 years of age. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

8 Sessions \$45.00

155189	Western County Pool	6/17	Sa	10:20am-10:50am
155190	Western County Pool	6/17	Sa	11:00am-11:30am
155185	Western County Pool	6/19	M-Th	11:00am-11:30am
155186	Western County Pool	7/3	M-Th	11:00am-11:30am
155187	Western County Pool	7/17	M-Th	10:20am-10:50am
155188	Western County Pool	7/31	M-Th	9:40am-10:10am

**West-Pre-School**

Designed for children 3-5 years of age. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

8 Sessions \$45.00

155859	Western County Pool	6/17	Sa	11:00am-11:30am
155854	Western County Pool	6/19	M-Th	9:00am- 9:30am
155855	Western County Pool	7/3	M-Th	9:40am-10:10am
155856	Western County Pool	7/17	M-Th	9:40am-10:10am
155857	Western County Pool	7/31	M-Th	9:40am-10:10am
155858	Western County Pool	7/31	M-Th	11:00am-11:30am

West-Pre-Beginner-Level 1

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills. Class size is limited to 5 students.

8 Sessions			\$54.00
154710	Western County Pool7/3	M-Th	9:00am- 9:30am
154712	Western County Pool7/3	M-Th	11:00am-11:30am
154720	Western County Pool6/17	Sa	9:00am- 9:30am
154721	Western County Pool6/17	Sa	10:20am-10:50am
154704	Western County Pool6/19	M-Th	9:00am- 9:30am
154705	Western County Pool6/19	M-Th	9:40am-10:10am
154706	Western County Pool6/19	M-Th	9:40am-10:10am
154707	Western County Pool6/19	M-Th	10:20am-10:50am
154708	Western County Pool6/19	M-Th	11:00am-11:30am
154709	Western County Pool7/3	M-Th	9:00am- 9:30am
154711	Western County Pool7/3	M-Th	10:20am-10:50am
154713	Western County Pool7/17	M-Th	9:00am- 9:30am
154714	Western County Pool7/17	M-Th	9:40am-10:10am
154715	Western County Pool7/17	M-Th	10:20am-10:50am
154716	Western County Pool7/17	M-Th	10:20am-10:50am
154717	Western County Pool7/31	M-Th	9:40am-10:10am
154718	Western County Pool7/31	M-Th	9:40am-10:10am
154719	Western County Pool7/31	M-Th	11:00am-11:30am

West-Pre-Beginner-Level 2

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 6 students.

8 Sessions			\$52.00
155806	Western County Pool6/17	Sa	9:00am- 9:30am
155807	Western County Pool6/17	Sa	9:40am-10:10am
155790	Western County Pool6/19	M-Th	9:00am- 9:30am
155791	Western County Pool6/19	M-Th	9:00am- 9:30am
155792	Western County Pool6/19	M-Th	9:40am-10:10am
155793	Western County Pool6/19	M-Th	10:20am-10:50am
155794	Western County Pool6/19	M-Th	10:20am-10:50am
155795	Western County Pool7/3	M-Th	9:00am- 9:30am
155796	Western County Pool7/3	M-Th	9:40am-10:10am
155797	Western County Pool7/3	M-Th	9:40am-10:10am
155798	Western County Pool7/3	M-Th	11:00am-11:30am
155802	Western County Pool7/3	M-Th	11:00am-11:30am
155799	Western County Pool7/17	Tu,W,Th,M	9:00am- 9:30am
155800	Western County Pool7/17	Tu,W,Th,M	10:20am-10:50am
155801	Western County Pool7/17	Tu,W,Th,M	11:00am-11:30am
155803	Western County Pool7/31	M-Th	9:00am- 9:30am
155804	Western County Pool7/31	M-Th	9:00am- 9:30am
155805	Western County Pool7/31	M-Th	10:20am-10:50am

West-Pre-Beginner-Level 3

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 6 students.

8 Sessions			\$52.00
155847	Western County Pool6/17	Sa	9:40am-10:10am
155848	Western County Pool6/17	Sa	11:00am-11:30am
155841	Western County Pool6/19	M-Th	9:40am-10:10am
155842	Western County Pool7/3	M-Th	11:00am-11:30am
155843	Western County Pool7/17	M-Th	9:00am- 9:30am
155844	Western County Pool7/17	M-Th	9:40am-10:10am
155845	Western County Pool7/31	M-Th	10:20am-10:50am
155846	Western County Pool7/31	M-Th	10:20am-10:50am

West-Youth-Level 1

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). For students who need to learn basic water adjustment skills. Class size is limited to 8 students.

8 Sessions			\$47.00
155868	Western County Pool6/17	Sa	10:20am-10:50am
155866	Western County Pool6/19	M-Th	10:20am-10:50am
155867	Western County Pool7/17	M-Th	9:40am-10:10am

West-Youth-Level 2

For children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). For students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 8 students.

8 Sessions			\$47.00
155871	Western County Pool6/17	Sa	9:00am- 9:30am
155869	Western County Pool7/3	M-Th	10:20am-10:50am
155870	Western County Pool7/31	M-Th	9:00am- 9:30am

West-Youth-Level 3

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

8 Sessions			\$45.00
155879	Western County Pool6/17	Sa	9:40am-10:10am
155872	Western County Pool6/19	M-Th	11:00am-11:30am
155873	Western County Pool7/3	M-Th	9:00am- 9:30am
155874	Western County Pool7/3	M-Th	10:20am-10:50am
155875	Western County Pool7/17	M-Th	9:00am- 9:30am
155876	Western County Pool7/17	M-Th	11:00am-11:30am
155877	Western County Pool7/31	M-Th	10:20am-10:50am
155878	Western County Pool7/31	M-Th	11:00am-11:30am

West-Youth-Level 4

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

8 Sessions			\$45.00
155880	Western County Pool6/19	M-Th	11:00am-11:30am
155881	Western County Pool7/3	M-Th	9:40am-10:10am
155882	Western County Pool7/3	M-Th	10:20am-10:50am
155883	Western County Pool7/17	M-Th	11:00am-11:30am
155884	Western County Pool7/31	M-Th	11:00am-11:30am



*Join the fun.
Jump into one of our
swim classes.*

West-Youth-Level 5

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). For students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

8 Sessions			\$45.00
155885	Western County Pool7/31	M-Th	9:00am- 9:30am

Access Cards are now required for all Recreation activities!



What is an Access Card?

It is a participant card which is scanned upon entrance to any Recreation facility.

The basic Access Card is free, and allows you access to Recreation facilities to attend those classes or activities for which you've registered.

One card does it all!

No more cluttering up your wallet with separate Recreation cards for pool passes, exercise room memberships, or gym use memberships. Now all your membership information is combined on one Access Card! No more waiting in line to put your name on a community center sign in sheet – just scan your Access Card and you're ready to go!

You can sign up for your free Access Card at any Recreation pool, community center, or senior center. It takes only a few minutes – go to any Recreation facility, get your picture taken, and your photo membership card is printed on the spot. That's all it takes!

For more information call 240-777-6820 or go to www.montgomerycountymd.gov/rec

**Fast...
Easy...
Access
to Fun!**

CLASSES

*Learn it...**Love it...**Live it...*

Arts & Crafts for Youth

Teens may also register for adult classes if age appropriate. Family programs welcome adults to join the fun.

Saturday Studio

Ages 4-6: Have fun and try something different! Explore pottery, painting, sculpture and other media. \$5 material fee due instructor at class. Child must be 4 at start of class.

4 Sessions **\$35.00**

Instructor: Create Arts Center

156630	Create Arts Center	7/8	Sa	10:00am-11:00am
156631	Create Arts Center	8/5	Sa	10:00am-11:00am



Canvas Painting

Ages 9-14: Discover how to paint with acrylic or oil paints on canvas. Draw and paint landscape, flowers, animals and abstracts. \$5 hand out fee due instructor first day. Bring drawing pad, canvas pad, charcoal pencil, eraser and markers to first class. Instructor provides additional supply list on first day.

4 Sessions **\$56.00**

Instructor: B.J. Asher

155625	Bauer Drive CC	7/11	Tu	4:30pm-6:30pm
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Cartooning Workshop

Ages 8-14: Explore the many forms of cartoon drawing, caricatures, humorous cartoons and apply your powers of imagination to a variety of projects. Bring drawing pad, pencils, magic markers, tempera colors, eraser, brushes. Finish two projects of your choice. \$5 material fee due to instructor.

1 Session **\$28.00**

Instructor: B.J. Asher

155620	Wheaton CC	7/1	Sa	4:30pm-6:30pm
155621	Bauer Drive CC	8/16	W	4:30pm-6:30pm

Drawing and Painting

Ages 10&Up: Intermediate: This portfolio building class is for older children and teens in preparation for application to an art program, or those who wish to hone their drawing and painting skills. Bring bag lunch. \$5 material fee due instructor.

4 Sessions **\$56.00**

Instructor: Create Arts Center

156348	Create Arts Center	7/9	Su	11:30am-1:30pm
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Family Art

An adult must also register.

★ Family Cartooning

Ages 9&Up: Adult registration and participation required. Work with your child or independently to create a cartoon story. Learn to create cartoon characters and develop a story line. Finish a large story board or a cartoon book. A local comic book store can offer inspiration. \$5 material fee per person due instructor.

4 Sessions **\$56.00**

Instructor: Create Arts Center

156349	Create Arts Center	7/10	M	6:30pm-8:30pm
156350	Create Arts Center	8/7	M	6:30pm-8:30pm

★ Family Drawing and Painting

Ages 6&Up: Have fun with the kids. You may work together with your child or independently. An adult must register with each child. Learn to draw basic 3-dimensional shapes as well as faces. Complete a ready to frame picture using the techniques you have learned. \$5 material fee per person due at class.

4 Sessions **\$45.00**

Instructor: Create Arts Center

156627	Create Arts Center	7/11	Tu	6:00pm-7:30pm
156628	Create Arts Center	8/8	Tu	6:00pm-7:30pm

Family Pottery with CREATE

Ages 7&Up: Adult participation and registration required with child. We'll find what will address the interest of both child and adult so they may work together or independently. Finished work will be fired in our kiln, then glazed and fired again. Finishes other than glaze will also be covered. Each person will finish many projects. End of class exhibit optional. \$40 material fee due instructor per family.

4 Sessions **\$45.00**

Instructor: Create Arts Center

156342	Create Arts Center	7/10	M	6:00pm-7:30pm
156344	Create Arts Center	8/7	M	6:00pm-7:30pm

★ Family Fun with Watercolor

Ages 8&Up: Here's a fun family activity. Paint landscapes and flowers at beautiful Brookside Gardens. You will be contacted where to meet. Fee is per person. Adult participation and registration required. Bring pencil, eraser, watercolor brushes #7, #5, #4, plastic container, water color drawing pad, 12 color pack of tempera color or watercolor paints, palette and papertowels. In case of inclement weather, instructor will contact you with alternative location.

1 Session **\$25.00**

Instructor: B.J. Asher

155627	Brookside Gardens	8/13	Su	3:00pm-5:00pm
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Just moved to Montgomery County?

We have programs, classes, clinics and activities for all ages.

Browse through the Guide... see what we have to offer!

Want to learn more? Please call our Customer Service desk at 240 777-6840.

Arts & Crafts for Adults

Teens are welcome to register if age appropriate. Adults may register with their children in the Family classes under Youth Art.

Fine Art

Drawing or Painting

Ages 18&Up: Your choice-drawing includes basics of form shading and perspective using pencil, charcoal, pastels and other media. Painting students use acrylic or oil aided by instructor's demonstrations of color mixing and general use of materials. Materials discussed at the first class.

16 Sessions **\$200.00**
Instructor: Doris Haskell
153106 Concord Center 7/10 M, W 9:30am-11:30am

Drawing on the Right Side of Brain

Ages 12&Up: Discover how to unhinge preconception and draw what you see. Sharpen your powers of observation with a variety of exercises and see what you can create! Bring drawing paper, pencils (HB, B1, B4), erasers or \$20 for materials fee due instructor. \$5 hand out fee. Summer's theme: Flowers.

6 Sessions **\$66.00**
Instructor: Yolanda Prinsloo
153107 Potomac CC 6/26 M 6:30pm-8:00pm

Acrylic Painting Techniques

Ages 15&Up: Discover how to use a step by step approach that makes acrylics resemble the lush look of oils. This professional approach uses particular brushes and paints to get the desired look. \$8 material fee due to instructor covers pallet paper and extra paints. Call 240-777-6870 to obtain additional material list. Please bring several pictures of what you would like to paint. No class July 1 and July 4.

6 Sessions **\$88.00**
Instructor: Margaret Deskin
152955 Damascus CC 6/27 Tu 7:00pm-9:00pm
152954 Bauer Drive CC 6/24 Sa 10:30am-12:30pm

Oil Painting

Ages 12&Up: Beginning/Advanced: Discover techniques in painting with oil, still life, portraiture, landscapes: composition, perspective, color theory, light, shadow and more. \$50 material fee due to instructor or call 240-777-6870 to obtain material list. Bring paper towels.

5 Sessions **\$73.00**
Instructor: Yolanda Prinsloo
153205 Bauer Drive CC 6/18 Su 12:00pm-2:00pm

Photography

Open Darkroom - Photography

Ages 16&Up: For the experienced B&W darkroom worker who needs a darkroom. Instructor available for technical support. Room equipped with six enlargers and processing area. Material fee includes basic chemistry for film and prints. Workers wishing to use special chemistry must bring their own in clearly labeled containers. Film and paper are supplied by workers. Attend any time during the session. Questions? Call the instructor at 301-774-4319. \$10 material due instructor.

6 Sessions **\$135.00**
Instructor: Lewis Vendetti
152594 Ross Boddy CC 7/13 Th 4:00pm-8:00pm

Pottery



Pottery for the Outdoors

Ages 12&Up: Discover inspirations from nature to create ceramic garden ornaments, wind chimes and tiles. Use hand building techniques, oxide washes and glazes. Families welcome but not required. \$25 material fee per person due to instructor.

4 Sessions **\$56.00**
Instructor: Yolanda Prinsloo
153208 Wheaton CC 7/5 W 7:00pm-9:00pm

Pottery at Leland

Ages 12&Up: All levels: Includes basic skills and techniques for coiling, sculpting and wheel. Instruction on clay bodies, slips, glazes, underglazes and texture. \$25 material fee due instructor at first class.

5 Sessions **\$70.00**
Instructor: Yolanda Prinsloo
153556 Leland CC 6/29 Th 7:00pm-9:00pm



Fun for your mind and body.



Pottery-Open Studio

Ages 16&Up: For the experienced potter who needs space to work on projects. Instructor available for technical support, glazes for cone 6 firings, and timely firing of pieces. Room equipped with wheels, slab roller and extruder. Bring clay tools, old towels. Material and firing fees vary based on production. Space is limited. Attend any time during your open studio time.

6 Sessions **\$136.00**
Instructor: Pamela Reid
153104 Ross Boddy CC 6/27 Tu 10:00am-1:30pm
153105 Ross Boddy CC 6/27 Tu 6:00pm-9:30pm

Stained Glass

Stained Glass - Leaded

Ages 18&Up: Learn glass cutting, soldering, the use of glass working tools, techniques and terminology as you are guided step by step through several projects of increasing challenge. Class size limit is 10. \$30 materials fee payable to instructor. Bring a bag lunch for Saturday class.

2 Sessions \$90.00

Instructor: Fran Asbeck

152543 Ross Boddy CC 7/8 Sa 9:30am-4:00pm

5 Sessions \$90.00

Instructor: Fran Asbeck

152542 Ross Boddy CC 6/20 Tu 7:00pm-9:30pm

Stained Glass - Copper Foil

Ages 18&Up: Build on the basic skills learned in a Leaded Stained Glass course (prerequisite) and discover the modern copper foil technique of stained glass crafting. Several projects, tailored to your skill level, or bring ideas of your own. Copper foil enables a higher degree of detail in glass than is practical using lead came, and is authentic to the glass decorative arts of the Victorian period. Class size limit is 10. \$18 material fee due to instructor. Bring a bag lunch.

2 Sessions \$90.00

Instructor: Fran Asbeck

152544 Ross Boddy CC 7/29 Sa 9:30am-4:00pm

Crafts



NEW Flowers for all Seasons

Ages 18&Up: Experience in flower design or previous flower class participation requested. Discover how to do exciting flower arrangements for parties, holidays and special gifts. Learn how to plan a party and how to decorate your table. \$13 material fee for each day of class due to instructor.

6 Sessions \$84.00

Instructor: Sharon Jeremiah

153557 Leland CC 7/12 W 7:00pm-9:00pm

NEW Stamp Camp

Ages 14&Up: Beg/Int: Spend a day in 'camp' learning rubberstamping and papercrafting basics including techniques, tools, materials, and papers that will speed you on your way to creating your own hand-made and professional greeting cards and invitations, scrapbooks with elegant layouts for your photos, gifts, packaging and more. Class covers different types of stamps, ink pad, tools and papers available, how to cut paper, embossing, etc. Intermediate students will be challenged by the variety and new ideas. Several projects completed in class. Different projects at each class. Bring a bag lunch.

1 Session \$75.00

Instructor: Carol Lavrich

152592 Potomac CC 7/8 Sa 9:00am-3:30pm

152593 Germantown CC 8/5 Sa 9:00am-3:30pm

Bath and Beauty Products

Ages 12&Up: Why spend all that money on products that you can create yourself for a fraction of the cost? Join us and learn to make your own bath salts, moisturizers, toners, body lotions, hand creams and more. Take home a basket full of products plus recipes so you can make more! \$18 material fee due instructor.

1 Session \$28.00

Instructor: Donna Weeks

152392 Bauer Drive CC 6/28 W 7:00pm-9:00pm

Earrings, Earrings, Earrings!

Age 12&Up: Tired of never having just the right earrings to go with your favorite clothes? Then this is the class for you. We'll learn the basics of earring construction from making loops, to choosing the tools and then move on to making some one-of-a-kind earrings to add to our jewelry collection. You'll have time to complete several pairs in class. \$10 material fee due instructor.

1 Session \$35.00

Instructor: Donna Weeks

152595 Bauer Drive CC 7/5 W 6:30pm-9:30pm

Jewelry Basics

Ages 12&Up: Learn the basics of making necklaces and bracelets from using crimp beads to choosing stringing material. Then make a double strand necklace. Once you know the basics, you can make your own one of a kind designs. Bring small needle nosed pliers and wire cutters to class if you have them.

\$15 material fee due instructor.

1 Session \$28.00

Instructor: Donna Weeks

152596 Bauer Drive CC 7/12 W 6:30pm-8:30pm



Can't find jewelry to match your favorite outfit? Stop shopping.... create your own one-of-a-kind pieces in our jewelry classes.

Multi Strand Illusion Necklace

Ages 13&Up: You've seen illusion necklaces before, but this one is really quite different. If you can tie a knot, you'll be a smashing success making this necklace! It's made with dozens of beads on multiple strands of 'invisible' string, and then braided together with a clasp for a finishing touch. A unique way to bead, and you'll love the results. \$8 material fee due instructor.

1 Session \$35.00

Instructor: Donna Weeks

152597 Bauer Drive CC 7/19 W 6:30pm-9:30pm

Wire Jewelry

Ages 13&Up: Come join us and see how easy it is to work with jewelry wire to create your own unique designs. Learn to make jewelry using wire, beads and a few tools. Discover how to make spirals, cages and more to make a bracelet or necklace and matching earrings. Also discover how to make your own tools to work with jewelry wire. \$10 material fee due instructor.

2 Sessions \$40.00

Instructor: Donna Weeks

152598 Damascus CC 7/20 Th 6:30pm-8:30pm

Chain Reaction Earrings

Ages 15&Up: Begin with a cable chain and add wrapped wire loops with crystal beads to create these delicate earrings. Make a long or short version to suit your own style. Learn basic techniques required to make earrings as you work on your project, and have time to complete more than one pair of earrings. \$10 material fee due instructor at class.

2 Sessions **\$40.00**

Instructor: Donna Weeks
152599 Bauer Drive CC 7/26 W 7:00pm-9:00pm

Beaded Crochet Bracelet

Ages 13&Up: You won't believe how easy this is to make (if you know how to do a simple chain stitch). Begin with very thin wire, add beads and then just crochet a bead into each stitch. The result is a light, delicate bracelet that is truly a one-of-a-kind. Easy to do, and you'll learn a new technique to add to your crocheting skills. \$10 material fee due instructor at class.

2 Sessions **\$40.00**

Instructor: Donna Weeks
152600 Damascus CC 8/3 Th 6:30pm-8:30pm

Mosaic Stepping Stones

Ages 13&Up: This will be the perfect addition to your yard or garden. The glass is pre-cut so all you do is glue it down, put the mosaic background in place and grout! Nothing could be easier, and you'll love the look of the iridescent glass sparkling in your sunny garden. \$8 material fee due instructor at class.

1 Session **\$40.00**

Instructor: Donna Weeks
152610 Damascus CC 8/5 Sa 10:00am-2:00pm

NEW Mosaic Butterfly Bath

Ages 13&Up: Invite butterflies to your garden with this easy-to-do project. Begin with a terra cotta saucer, add a pre-cut butterfly of stained glass, background glass and then grout to finish. Place it on an inverted terra cotta pot for a finishing touch. Fun and easy to do. \$8 material fee due instructor at first class.

2 Sessions **\$40.00**

Instructor: Donna Weeks
152611 Longwood CC 8/9 W 6:30pm-8:30pm

Dance for Youth

In order to offer the highest quality program, children must be the appropriate age at the start of class. Parents are required to wait outside the room during class time.

**Ballet**

Ages 5-8: Introduction to the basics movements of ballet and its terminology.

4 Sessions **\$30.00**

Instructor: Grace Oleson
152549 Potomac CC 6/20 Tu 5:00pm-5:45pm

Kids Dance

Ages 3-6: You will want to sign up quickly for this popular fun class! Join the fun as we introduce young children to the world of dance emphasizing rhythm, coordination and dance.

4 Sessions **\$30.00**

Instructor: Grace Oleson
152545 Potomac CC 6/20 Tu 4:00pm-4:45pm

Dance for Adults

Instructors: Paul Mola 301-315-6226
Tony Seleme 202-537-6739
Thomas Woll, 703-591-3839
Herb Fredricksen 301-869-3987

Ballroom**Ballroom I (Couples)**

Beginner: Covers standard ballroom dance favorites.

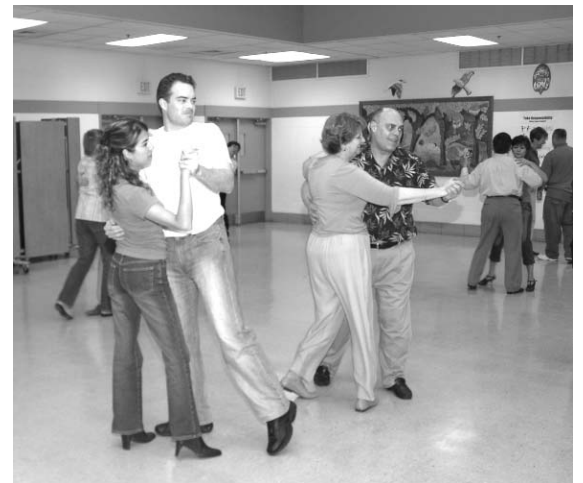
6 Sessions **\$78.00**

Instructor: Paul Mola
152245 Leland CC 6/29 Th 7:30pm-8:30pm

Instructor: Tony Seleme
152243 Bauer Drive CC 7/10 M 7:00pm-8:00pm

Instructor: Thomas Woll/Wagaman
152246 Upper County CC 6/21 W 6:30pm-7:30pm

Instructor: Thomas Woll, Ann Basso
152244 Glenmont LP 6/22 Th 7:00pm-8:00pm

**Ballroom I (Singles & Couples)**

Beginner: Students change partners frequently. Class fee for single registrant.

6 Sessions **\$39.00**

Instructor: Thomas Woll, Dunn
153854 North Four Corners LP 6/26 M 7:30pm-8:30pm

Instructor: Herb Fredrickson
153855 Damascus CC 6/29 Th 7:00pm-8:00pm

Save time, register online
www.montgomerycountymd.gov/rec

Ballroom II (Couples)**Intermediate:** Prerequisite: Beginner ballroom course.**6 Sessions** **\$78.00**

Instructor: Tony Seleme

155245 Bauer Drive CC 7/10 M 8:00pm-9:00pm

Instructor: Thomas Woll, Ann Basso

155243 Glenmont LP 6/22 Th 8:00pm-9:00pm

Ballroom IV (Couples)**Advanced.** For further information please contact your instructor directly. Instructor: Thomas Woll, 703-591-3839.**6 Sessions** **\$78.00**

Instructor: Thomas Woll, Ann Basso

155437 Glenmont LP 6/22 Th 9:00pm-10:00pm

Ballroom Practice & Party (Couples)**Intermediate/Advanced:** Learn ballroom variations the first hour and then add to your enjoyment with a two-hour practice and party. Two potluck dinners during the course. \$20 per couple parties set-up fee due instructor. (3 hour class). For further information please contact your instructor directly.**6 Sessions** **\$111.00**

Instructor: Tony Seleme

155273 Holiday Park SrC 6/30 F 7:00pm-10:00pm

Ballroom Wedding Dances (Couples)**Beginner:** Learn dance routines for that blissful occasion: Foxtrot, Swing, and Waltz.**6 Sessions** **\$78.00**

Instructor: Tony Seleme

155251 Holiday Park SrC 6/27 Tu 8:00pm-9:00pm

Instructor: Thomas Woll/Wagaman

155252 Upper County CC 6/21 W 7:30pm-8:30pm

Swing**Swing (Couples)****Beginner:** Single and triple Swing.**6 Sessions** **\$78.00**

Instructor: Tony Seleme

155249 Holiday Park SrC 6/27 Tu 7:00pm-8:00pm

Ragtime and Viennese Ball (Singles & Couples)**Ages 18&Up:** Was there ever a grander age that of the real ballroom and the dances it spawned? Enjoy the elegance of smooth Viennese waltzes and bouncy polkas, the exuberance of syncopated Ragtime One-steps and Two-steps and all the grand dances in between. Class fee for single registrant.**6 Sessions** **\$39.00**

Instructor: Herb Fredrickson

156263 Germantown CC 6/28 W 8:15pm-9:15pm

Latin**Salsa (Couples)****Beginner:** This is a hot dance that is on the rise worldwide.**6 Sessions** **\$78.00**

Instructor: Paul Mola

152250 Leland CC 6/29 Th 8:30pm-9:30pm

Instructor: Tony Seleme

152249 Holiday Park SrC 6/27 Tu 9:00pm-10:00pm

Salsa (Singles & Couples)**Beginner:** Students change partners frequently. Class fee for single registrant.**6 Sessions** **\$39.00**

Instructor: Thomas Woll, Dunn

152247 North Four Corners LP 6/26 M 8:30pm-9:30pm

Latin Survival Dance (Singles & Couples)

Learn to survive on the dance floor for the Latin rhythm dances including Cha Cha, Merengue, Salsa, Rumba. May occasionally change partners. Class fee for single registrant.

6 Sessions **\$39.00**

Instructor: Thomas Woll/Wagaman

155456 Upper County CC 6/21 W 8:30pm-9:30pm

**Dance for the Special Occasion (Singles & Couples)****Ages 18&Up:** Looking forward to a very special occasion but dreading the thought of not being comfortable on the dance floor. This dance class focuses on learning basic rhythm, movement, leading and following in a relaxed carefree way. No pressure, no pizzazz, just an honest effort to dance and feel good about it. This class is perfect for anyone who is preparing for a special occasion such as a cruise, inaugural ball or special party.**6 Sessions** **\$39.00**

Instructor: Herb Fredrickson

156262 Germantown CC 6/28 W 7:15pm-8:15pm

Cancellation Policy

The Montgomery County Department of Recreation (MCRD) holds programs in Department community, senior and aquatic centers, public schools, park facilities and private facilities. The cancellation of MCRD scheduled programs is determined by the Community Use of Public Facilities (CUPF) and is announced on WTOP am 1500 and WMAL am 630. Weekdays and weekends when schools community activities are closed due to weather conditions or other emergencies all programs are cancelled, regardless of facility. Announcements will be made on the radio stations noted above. Community centers and Aquatic centers will open for drop-in activities as conditions permit. Please call the centers directly for information. The MCRD program message line is 240-777-6889. This recording will be updated regarding cancellations for MCRD classes, activities and sports programs.

Folk

NEW German & Austrian Folk Dances

Ages 18&Up: Alpine Dance has a long history in coupled dancing. Join us for this fun class with a 1000 year history that includes a family tree of great social dances. The teaching focus is on creating an environment which promotes learning dance in a friendly relaxed style. Class fee for single registrant.

6 Sessions **\$39.00**

Instructor: Herb Fredrickson

156264 Damascus CC 6/29 Th 8:00pm-9:00pm



Folk International

Beginner/Advanced: Portion of class devoted to assisting beginners experience the culture, music and folk dances from Bulgaria, Hungary, Armenia, Romania, Greece, Israel and more. Intermediate/advanced level add dances from Macedonia, Turkey, Slovakia, Croatia, Serbia, and more. Questions: Call Phyllis Diamond at 301-871-8788 or email diamonddancecircle@comcast.net. Class fee for single registrant.

6 Sessions **\$39.00**

Instructor: Phyllis Diamond

155460 Leland CC 7/3 M 7:30pm-10:00pm

NEW Folk Square-Family

The whole family will have a great time with this family-friendly dance. The class is geared toward families with children but all are welcomed to join the class. No dance experience necessary. The only requirement is that children be able to listen and follow directions. Class fee for single registrant.

6 Sessions **\$21.00**

Instructor: Betsy Taylor

155287 Wheaton CC 6/21 W 6:30pm-7:30pm

Folk Square Mainstream 2

For those who have completed Mainstream 1. Questions: Call Betsy Taylor at 301-589-4868.

6 Sessions **\$21.00**

Instructor: Betsy Taylor

155285 Schweinhaut SrC 6/22 Th 10:10pm-11:10pm

6 Sessions **\$32.00**

Instructor: Betsy Taylor

155284 Long Branch CC 6/20 Tu 8:00pm-9:30pm

Folk Square Plus 3

For those who have completed Plus 2. Questions: Call Betsy Taylor at 301-589-4868.

6 Sessions **\$21.00**

Instructor: Betsy Taylor

155288 Schweinhaut SrC 6/22 Th 11:10am-12:10pm

6 Sessions **\$32.00**

Instructor: Betsy Taylor

155289 Wheaton CC 6/21 W 7:30pm-9:00pm



Seniors

Seniors Performing Group Variety

Advanced Variety: Approval of instructor needed. Questions: Call Anne Berk at 301-598-8533.

4 Sessions **\$14.00**

Instructor: Anne Berk

152744 Holiday Park SrC 7/11 Tu 10:00am-11:00am

Seniors Performing Group Show

Intermediate/Advanced Show: Approval of instructor needed. Questions: Call Frank Robson at 301-572-4975.

6 Sessions **\$21.00**

Instructor: Frank Robson

155304 Holiday Park SrC 7/6 Th 2:30pm-3:30pm

Music

Guitar Level I

Ages 9&Up: Beginner: Tune up and start playing your favorite songs without learning how to read music. Learn several songs utilizing strumming, bass strumming and finger picking techniques. Please bring a fully strung guitar (preferably acoustic), tuner (electronic for 156864, a tuning fork for 156865) and a pencil. \$14 material fee for 156864 only, due to the instructor at the first class covers an instructional songbook. Questions? Call Brian Gross at 301-320-6999 or Kevin Hayton at 301-460-1298.

7 Sessions **\$78.00**

Instructor: Brian Gross

156864 Tilden MS 6/20 Tu 7:00pm-8:15pm

Instructor: Kevin Hayton

156865 Wheaton CC 6/21 W 7:00pm-8:15pm

Guitar Level II

Ages 9&Up: Learn more songs and new chords including barre and power chords, and left hand techniques. \$20 material fee due to instructor covers instructional book, additional packet of songs and handouts. Please bring a fully strung guitar, an electronic tuner and pencil. New students with applicable experience/knowledge welcome. Questions: Call Brian Gross at 301-320-6999 or Kevin Hayton at 301-460-1298.

8 Sessions **\$78.00**

Instructor: Brian Gross

156866 Tilden MS 6/20 Tu 8:15pm-9:30pm

157149 Wheaton CC 6/21 W 8:15pm-9:30pm

*Join the fun
and learn the
motion of
dance.*

Cooking

Wine & Dine Classes

These very popular wine instruction classes uniquely pair food preparation and wine tasting. Attributes and origins of the wine are discussed in detail, as well as how the wine pairs with selected foods, and proper ways to serve wine. Wine is chosen on availability; substitutions may occur. Wine samples provided, no refund or allowances if you elect to refuse food or wine. Picture ID for proof of age 21 required at class.

★ **Wine & Dine - Summer Favorites**

Ages 21&Up: A California chenin blanc will be paired with a tasty Asian chicken and rice-noodle salad with peanuts; a wonderful Italian rosé will go very well with stuffed zucchini with pecorino sauce; then we'll make warm onion flans with a tomato sauce, and serve it with a juicy French Beaujolais. Take home recipes. \$22 food and wine fee due instructor.

1 Session **\$48.00**
Instructor: James Davis
155710 Ross Boddy CC 6/30 F 7:00pm-10:00pm

★ **Wine & Dine - Wonderful Westerns**

21&Up: None from California! This session will include three more wines, this time all from Oregon and Washington State. A Gewurztraminer with spicy Korean chicken wraps, then a goat cheese panna cotta with tomato salad matched with a creamy Semillon and finally a west coast phenomenon, a wonderful pinot noir from Washington State served with a broiled salmon scaloppini with a wild mushroom ragout. \$22 food and wine fee due instructor.

1 Session **\$48.00**
Instructor: James Davis
155711 Ross Boddy CC 7/14 F 7:00pm-10:00pm



★ **Wine & Dine - Australia**

Ages 21&Up: The land of kangaroos and the out-back...we will have at least three wonderful vintners' specials from down-under to taste, along with some terrific food that we will prepare. First, an onion and gruyere tart served with a rich, buttery chardonnay; a chicken satay with a spicy Asian dipping sauce served with a fruity rosé. Finally, we'll prepare a seared tuna salad and serve it with a wonderful, fruity Australian shiraz (this will be a real treat!). \$20 food and wine fee due instructor.

1 Session **\$50.00**
Instructor: James Davis
155712 Ross Boddy CC 8/4 F 7:00pm-10:00pm

★ **Light Summer Meals**

Ages 15&Up: Great summer meals, including a throw-back to the 50's! Prepare a real iceberg wedge salad, but with our updated classy warm bacon and blue cheese dressing. Then, a fallen grits souffle with tomatoes and shaved cheese with steamed fresh vegetables. This will be a special French technique menu, take advantage of it now and improve your cooking skills. Take home recipes. \$12 food fee due instructor.

1 Session **\$48.00**
Instructor: James Davis
154583 Ross Boddy CC 6/13 Tu 7:00pm-9:30pm

★ **A Great Summer Picnic**

Ages 15&Up: How about stuffed eggs with goat cheese and dill (these are NOT ordinary deviled eggs!), potato and corn salad with bacon, blue cheese and sherry vinaigrette. Smoked turkey wraps with curried mayo and mango! Now this is a real picnic. We'll fix all this food and then discuss how to pack it for a picnic. And remember, we eat what we fix, so bring an appetite. \$12 food fee due instructor.

1 Session **\$48.00**
Instructor: James Davis
154586 Ross Boddy CC 6/17 Sa 10:30am-1:30pm



The Summer Grill

Ages 15&Up: We'll learn how to fire up the charcoal grill the best way, then grill a number of various meats (including chicken, sausages, and hamburgers), veggies and desserts. All the proper techniques are used, no burnt offerings here! Great toppings, add on's and condiments will be discussed and used. Come join in for a grilling class that will make a difference in the food that you fix at home. Bring an appetite. \$12 food fee due instructor.

1 Session **\$48.00**
Instructor: James Davis
155707 Ross Boddy CC 7/15 Sa 10:30am-1:30pm

★ **A Sugar Rush**

Ages 15&Up: This is one you will not want to miss! Coconut tapioca pudding with spiced mango will be one of several desserts we'll fix. We'll also prepare a Key lime pie and sweet oranges with Grand Marnier and cookies. Get prepared for a real sugar rush. We eat what we fix so come prepared to eat. \$12 food fee due instructor at class time.

1 Session **\$48.00**
Instructor: James Davis
154588 Ross Boddy CC 7/25 Tu 7:00pm-9:30pm

Be Your Own Personal Chef!

Ages 15&Up: Learn the secrets of 'fix ahead food'. Cook with the experts and learn how to prepare 2 weeks of meals at one time. See how to schedule every-other Saturday cooking day, shop, cook, package, label, and store a 2 week supply of really good food for your family. A heavy emphasis will be placed on organization, food safety, and safe food storage. Take home recipes for 2 weeks worth of meals including side dishes. A \$12 food fee is due to the instructor at the beginning of class. A full participation class, bring your appetite, as each class eats what they fix!

1 Session \$63.00

Instructor: James Davis

155704 Ross Boddy CC 7/29 Sa 10:30am-2:30pm



We offer a wide variety of hands-on cooking projects with all ingredients included.

NEW Incredible Italian

Ages 15&Up: Ah, to be in Tuscany...a big antipasto salad, then Italian sausage with red grapes (a truly wonderful combination) served with polenta and swiss chard. What a wonderful way to return to Tuscany. This is a meal you won't want to forget... and one that you can do at home! We eat what we fix! \$12 food fee due instructor.

1 Session \$48.00

Instructor: James Davis

154590 Ross Boddy CC 8/8 Tu 7:00pm-9:30pm

NEW Better Cooking at Home

Ages 15&Up: Improve your cooking skills by making a wonderful apple meatloaf with chipotle potato risotto and fresh green beans. We'll be blanching, baking and stewing, all the techniques you need to learn to do better in the kitchen. This will be a lunch you won't forget. We eat what we fix so come hungry. \$12 food fee due instructor.

1 Session \$48.00

Instructor: James Davis

154595 Ross Boddy CC 8/12 Sa 10:30am-1:30pm

Find a mistake?

We try our best to include something for everyone. Since some people like to find errors, we regularly include a few!

Exercise & Fitness**ACT The Workout**

Ages 16&Up: A vigorous easy to follow coed class. Choreographed to strengthen and tone all muscle groups and improve cardiovascular fitness. Bring hand and/or ankle weights (optional). Designed to enable self pacing for those who wish to work at low impact steps. Heart rates monitored throughout the hour.

Plan your workout around your schedule and attend class at any location. **Register any time online, or at the Recreation Centers. Take your receipt to any class location below to pick up your session pass from the instructor.** The pass is good for the specified number of sessions. It can be used at any ACT location listed below for 3 months from the first class attended. Questions: call 301-681-9262

Class Locations	Days	Times:
Wheaton Community Center	M, W	6:00-7:00pm
Wheaton Community Center	T, Th	6:00-7:00pm
Bauer Drive Community Center	M, W	5:00-6:00pm
Fairland Community Center	M, W	7:00-8:00pm
Wayside ES	M, W	7:00-8:00pm
East County Community Center	Th	7:00-8:00pm
Potomac Community Center	T, Th	7:00-8:00pm
Wheaton Community Center	Sat	9:00-10:00am
Potomac CC	Sat	9:00-10:00am
Wayside ES	Sun	9:30-10:30am

36 Session Pass (best for 3 days/week) \$145.00

Instructor: Company Staff: Castellucci Inc.

152714 ACT TBA 6/1 M-Th, Sa, Su see above

24 Session Pass (best for 2 days/week) \$100.00

Instructor: Company Staff: Castellucci Inc.

152712 ACT TBA 6/1 M-Th, Sa, Su see above

152713 ACT TBA 7/2 M-Th, Sa, Su see above

18 Session Pass (best for 1-2 days/week) \$80.00

Instructor: Company Staff: Castellucci Inc.

152710 ACT TBA 6/1 M-Th, Sa, Su see above

152711 ACT TBA 7/2 M-Th, Sa, Su see above

12 Session Pass (best for 1 day/week) \$60.00

Instructor: Company Staff: Castellucci Inc.

152706 ACT TBA 6/1 M-Th, Sa, Su see above

152707 ACT TBA 7/2 M-Th, Sa, Su see above

NEW Baby Boot Camp!

Bring your Baby. Get Fit

Ages 18&Up: Baby Boot Camp offers indoor and outdoor strength training classes designed for mom of any fitness level and baby. The class combines strength training exercises with power walking drills to target all major muscle groups. The class includes abdominal exercises, mat pilates and yoga. Class participants may use an all-purpose or jogging-style stroller.

Moms must be at least 6-8 weeks postpartum to participate and have medical clearance by their doctor. The instructor has been an elementary school teacher and is now a full-time certified personal trainer and mom of one. A great way to get fit and spend time with your baby! Dad, nanny, grandparents are welcome to participate too! Questions: call 301-461-6605 or email at andrea.mcevoy@babybootcamp.com

10 Sessions \$120.00

Instructor: Andrea McEvoy

152842 Leland CC 6/17 Sa 9:00am-10:15am

156629 Ridge Road RP 6/19 M 8:30am-9:45am

152843 Ridge Road RP 6/21 W 8:30am-9:45am



Bio Aerobics Cardio Fit High/Low

Ages 16&Up (Ages 13-16 if accompanied by a parent/guardian): A complete High/Low Impact fitness program to condition the cardiovascular system and tone and strengthen muscle groups through easy to learn choreographed dances. Participant can choose fitness level. Body sculpting included. Member IDEA and CPR certified instructors.

14 Sessions **\$58.00**

Instructor: Company Bio Aerobics Inc.
152849 Germantown CC 6/19 M, Th 7:00pm-8:00pm

7 Sessions **\$29.00**

Instructor: Company Bio Aerobics Inc.
152852 Germantown CC 6/24 Sa 9:30am-10:30am

Bio Cardio Fit Half Hour Workout

Ages 16&Up (Ages 13-16 if accompanied by a parent/guardian): Thirty packed minutes of Bio's regular aerobics. Use it alone or as a complement to the Tone & Firm class.

14 Sessions **\$29.00**

Instructor: Company Bio Aerobics Inc.
152850 Briggs Chaney MS 6/20 Tu, Th 7:30pm-8:00pm

Bio Aerobics Tone & Firm

Ages 16&Up (Ages 13-16 if accompanied by a parent/guardian): Increase flexibility; improve total body appearance; strengthen and tone abdominals, thighs and buttocks. Perfect for primary mat/floor exercise and to complement your regular aerobics program. Resistance devices optional.

14 Sessions **\$58.00**

Instructor: Company Bio Aerobics Inc.
152851 Briggs Chaney MS 6/20 Tu, Th 8:00pm-9:00pm

The Ultimate Boxing Workout for Youth

Ages 7-15 Beginners-Advanced Students: Introduction to a boxer's workout designed to teach students eye, hand and foot coordination. Through this unique fitness program students develop discipline, gain confidence and have fun. No physical contact. Instructor is a professional boxer and current kickboxing champion with 25 years experience.

8 Sessions **\$66.00**

Instructor: Larry Johnson
152847 Upper County CC 6/13 Tu 5:45pm-7:00pm

The Ultimate Boxing Workout

Beginners-Advanced Students Ages 16&Up: Introduction to a boxer's workout and continued skill development. Teaches students offense and self defense techniques, allowing students to gain confidence and improve skill level by working at several skill stations. No physical contact. Instructor is a professional boxer and current kickboxing champion with 25 years experience.

8 Sessions **\$66.00**

Instructor: Larry Johnson
152845 Upper County CC 6/13 Tu 5:45pm-7:00pm

Dynamic Ab Workout

Ages 13&Up: Improve cardiovascular fitness, strengthen abdominal region, and burn calories through a fun aerobic workout. Learn stretches, crunches and exercise that will focus on Abs. Use of medicine ball and abdominal exercise equipment.

8 Sessions **\$41.00**

Instructor: Larry Johnson
152846 Upper County CC 6/13 Tu 7:00pm-7:45pm

Dance & Fitness, LLC

Ages 16&Up: Complete cardiovascular aerobic workout for those who love music and movement. Includes flexibility and leg routines leading into a full aerobic workout and final cool down, weights, abdominal work and cool down stretch. Varied music and interesting choreography from trained, experienced and CPR certified instructors. Wear supportive athletic shoes and bring a mat/blanket, and hand weights (optional). Questions email at: dancenfitness@comcast.net

12 Sessions **\$49.00**

Instructor: Virginia Azuree
152758 Bauer Drive CC 6/20 Tu, Th 4:15pm-5:15pm

Instructor: Alice Donnelly
152756 Leland CC 6/19 M, W 6:10pm-7:10pm

Instructor: Karen Hutchinson
152757 Potomac CC 6/20 Tu, Th 6:00pm-7:00pm

Definitions Strength Training

Ages 16&Up: Gain body strength, flexibility and endurance using free weights. A perfect opportunity to learn proper form for weight bearing exercises. Initial 5 min. body warm-up with 40 min. of strength training, 5 min. abdominal work and 10 min. cool down using stretching and yoga positions. Bring mat/towel and light hand weights. Instructor has BA in Phys. Ed. and is ACE and CPR certified. Perfect for beginners and intermediates. Questions call Juliet Rodman at: 301-229-2390

16 Sessions **\$77.00**

Instructor: Juliet Rodman
152694 Clara Barton CC 6/13 Tu, Th 8:00am-9:00am



Add a little variety to your workout routine. Sign up for a fitness class today.

Definitions Mat Pilates

Ages 16&Up: A series of 34 exercises designed to improve overall body strength, balance, flexibility and core abdominal muscles. Rhythmic breathing taught to enhance exercise flow and mind/body connection. Bring mat/towel. Instructor ACE and CPR certified. Questions call Juliet Rodman at: 301-229-2390

8 Sessions **\$48.00**

Instructor: Juliet Rodman
152693 Clara Barton CC 6/21 W 8:00am-9:00am

Dynaerobics

Coed fitness Ages 16&Up: A total program, perfect for cross trainers. Energizing warm up, choreographed, safe hi and low impact aerobics, strengthening and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat/towel. Questions contact Ferhan Kiper Doyle at FerhanDoyle@aol.com

8 Sessions **\$38.00**

Instructor: Regina Gaither
152702 Bauer Drive CC 6/24 Sa 9:00am-10:00am

16 Sessions **\$75.00**

Instructor: Gail Oring
152701 Bauer Drive CC 6/20 Tu, Th 6:00pm-7:00pm

**Dynaerobics Body Challenge**

Ages 16&Up: A full 75 minutes of Coed fitness. Includes hi and low impact aerobics plus body sculpting, strengthening and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat/towel. Questions contact Ferhan Kiper Doyle at FerhanDoyle@aol.com

16 Sessions **\$93.00**

Instructor: Lee Berry, Regina Gaither
152705 Bauer Drive CC 6/20 Tu, Th 7:00pm-8:15pm

Dynaerobics Body Sculpting

Ages 16&Up: A serious workout to firm all major muscle groups. Special attention given to the abdominals, hips, thighs and gluteals. Includes strength and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat. Resistance bands provided and hand weights optional. Questions contact Ferhan Kiper Doyle at FerhanDoyle@aol.com

8 Sessions **\$38.00**

Instructor: Regina Gaither
152704 Bauer Drive CC 6/24 Sa 10:00am-11:00am

16 Sessions **\$75.00**

Instructor: Regina Gaither
152703 Bauer Drive CC 6/19 M, W 6:00pm-7:00pm

Group Workout Pilates On The Ball

Ages 16&Up: A non-aerobic, new and different approach to total fitness. Experience balance, core stabilization, flexibility, plyometrics, weight loss and strength training through an integrated training model designed to systematically progress the student. Bring an exercise ball (optional). Instructor is a certified personal trainer. For more information contact Fred Mosby at 301-540-5782 or email at fmosby@comcast.net

6 Sessions **\$54.00**

Instructor: Fred Mosby
152962 Damascus CC 6/24 Sa 10:00am-11:00am

12 Sessions **\$108.00**

Instructor: Fred Mosby
152961 Germantown CC 6/20 Tu, Th 6:00pm-7:00pm

**Jazzercise**

Ages 16&Up: Includes a warm-up, high-energy aerobic routines, muscle toning and cool-down stretch segment. Jazzercise combines elements of dance, resistance training, Pilates, yoga, kick-boxing and FUN for every age and fitness level. **If you register for two different classes you may attend all locations and times.** Question call Diane Elmore at 301-330-0896 or email at: dielmojazz@verizon.net

9 Sessions **\$52.00**

Instructor: Diane Elmore
152795 Upper County CC 6/6 Tu 9:30am-10:30am

10 Sessions **\$58.00**

Instructor: Diane Elmore
152793 Upper County CC 6/5 M 6:30pm-7:30pm

152796 Upper County CC 6/7 W 6:30pm-7:30pm

11 Session **\$64.00**

Instructor: Diane Elmore
152798 Upper County CC 6/1 Th 9:30am-10:30am

152799 Upper County CC 6/2 F 9:30am-10:30am

12 Sessions **\$70.00**

Instructor: Diane Elmore
152794 Damascus CC 6/5 M 6:45pm-7:45pm

152797 Damascus CC 6/7 W 6:45pm-7:45pm

Jazzercise-Breakfast Busters

Ages 16&Up: Early morning workout will give you the boost that your day needs. Cardio and strength in each class to firm you for the summer. Includes a warm-up, high energy aerobic routines, muscle toning and cool-down stretch segment. Jazzercise combines elements of dance, resistance training, Pilates, yoga, kickboxing and FUN for every age and fitness level.

11 Session **\$64.00**

Instructor: Diane Elmore
152800 Germantown CC 6/5 M 6:15am-7:15am

13 Sessions **\$76.00**

Instructor: Diane Elmore
152801 Germantown CC 5/26 F 6:15am-7:15am

Jazzmatazz Aerobic Bonus

Ages 16&Up: A terrific combination of Pilates Mat Work plus a low impact/high intensity aerobic workout. Gain core strength, general muscular strength and flexibility in addition to cardiovascular and respiratory improvement through lively music and carefully choreographed routines. Students are strongly urged to register for at least two days a week to achieve the best results.

6 Sessions **\$34.00**

Instructor: Betsy Saunders
152853 Fairland CC 6/27 Tu 5:30pm-6:30pm

7 Sessions **\$39.00**

Instructor: Betsy Saunders
152855 Wheaton CC 6/27 Tu 7:15pm-8:15pm

152854 Fairland CC 6/29 Th 5:30pm-6:30pm

8 Sessions **\$45.00**

Instructor: Betsy Saunders
152856 Wheaton CC 6/29 Th 7:15pm-8:15pm

Jazzmatazz Pilates

Age 16&Up: A Pilates based exercise program rooted in modern/jazz dance consisting of a series of choreographed, but gentle, non-impact exercises. Designed to develop core abdominal muscles for spinal and lower back stabilization, to strengthen the body while lengthening muscles, and to increase overall flexibility. Attendance at the first two classes is mandatory, as key techniques are taught. For maximum benefit, students are strongly urged to register for both days.

8 Sessions **\$56.00**

Instructor: Betsy Saunders

153015 Sligo MS 6/26 M 7:00pm-8:15pm

153016 Sligo MS 6/28 W 7:00pm-8:15pm

Jazzmatazz Aerobics Light

Active Seniors & Beginners Ages 18&Up: A fun filled, choreographed, very low to no impact aerobic workout emphasizing cardiovascular strength and endurance along with muscular strength and flexibility. To achieve best results, students are strongly encouraged to register for both days.

8 Sessions **\$45.00**

Instructor: Betsy Saunders

153013 Wheaton CC 6/27 Tu 9:00am-10:00am

153014 Wheaton CC 6/29 Th 9:00am-10:00am

**The Sergeant's Program**

Physical Fitness For Adults: Featured on CNN, Head Line News, ABC, NBC, PEOPLE and The Washington Post. An outdoor result based Fitness Company offering structured workouts by highly trained instructors. Co-ed training for fitness levels from poor to excellent. A no frills, military style program. If you are unfit then you can attend a beginner Boot Camp. In good shape? You will love our Maintenance Program. Sweat through 45 minutes of jogging and calisthenics to strengthen all muscle groups and increase cardiovascular endurance.

Boot Camp: Classes meet 5 days/wk (M-F) for 8 weeks. Locations: Bethesda, Chevy Chase, Olney, Silver Spring, Germantown, Rockville.

Maintenance: Classes meet 5 days/wk (M-F) year round at the following locations: Bethesda, Chevy Chase, Olney, Potomac, Silver Spring, Germantown, Rockville.

Time varies depending on location: 6:00am (or earlier) and 5:30pm (or later)

For specific information please contact The Sergeant's Program at 301-944-1230 or email at sarge@sarge.com

40 Sessions **\$270.00**

Instructor: Company: The Sergeant's Program, Inc.

153167 see above 6/1 M-F 6:00am-7:00am

153285 see above 6/1 M-F 6:30pm-7:30pm

153287 see above 7/27 M-F 6:00am-7:00am

153288 see above 7/27 M-F 6:30pm-7:30pm

Small Group Intro to Weight Training

Ages 16&Up: Small group introductory instruction designed to teach individuals safe and effective exercises that work all major muscle groups using machines, free weights and dumbbells. Assistance in developing a personal program for you to continue on your own. Instructors are Certified Trainers. Question call Fred Mosby at 301-540-5782 or email at fmosby@comcast.net or email Mike Hilwig at jhilwig@yahoo.com

4 Sessions **\$69.00**

Instructor: Mike Hilwig

152959 Potomac CC 6/22 Th 7:30pm-8:30pm

152960 Leland CC 6/23 F 10:00am-11:00am

156283 Leland CC 7/20 Th 7:00pm-8:00pm

Instructor: Fred Mosby

152957 Damascus CC 6/21 W 7:15pm-8:15pm

152956 Germantown CC 6/22 Th 7:00pm-8:00pm



Get off the couch and move. Your body will thank you.

Small Group Weight Room Orientation

Ages 16&Up: Small group introductory instruction designed to teach individuals weight room etiquette, demonstrate safe and effective use of equipment, weights and dumbbells and effective exercises that work all major muscle groups. Instructors are Certified Trainers. Question call Fred Mosby at 301-540-5782 or email at fmosby@comcast.net

1 Session **\$38.00**

Instructor: Fred Mosby

152985 Damascus CC 6/26 M 7:15pm-8:15pm

152983 Germantown CC 6/27 Tu 7:00pm-8:00pm

Susan Taylor Workouts

Ages 16&Up: Both classes offer a Hi/Lo choice. Enjoy real music and lightly choreographed routines. Mat exercise (combination of Pilates and Yoga for general exercise classes) is the method used for stretch and tone in both classes.

11 Session **\$57.00**

Instructor: Susan J. Taylor

152802 Leland CC 6/27 Tu, Th 6:00pm-7:00pm

Wellness

★ **Piyochi**

Ages 16&Up: Pilates, Yoga, Tai Chi. Utilizing the best of each of the disciplines to give you an opera of a full mind and body workout in this structured class consisting of segments of each and Ballet movements sequencing from one discipline to another so that you keep moving. Includes a final 10-minute guided visualization and cool-down. Bring sticky or yoga mat and a belt or yoga strap.

9 Sessions \$95.00

Instructor: Juliet Verdi
153554 Wheaton CC 6/21 W 7:30pm-8:45pm

Qi Gong: A Different Exercise

Age 18&Up Beginners: Practiced for thousands of years in China, Qi Gong is the gaining of life energy through exercise. The five Phoenix form uses Qi, the life force that flows through all living beings, to eliminate blockages and open up energy flow in the meridians. Similar to Tai Chi, but only takes 20 minutes a day. Meditative techniques taught along with movements and theory. Wear loose clothing. Booklets given out. Combined class for beginner and continuing practitioners. Martial Arts Master instructor.

7 Sessions \$76.00

Instructor: Robert Kramer
153380 Germantown CC 6/20 Tu 7:00pm-8:30pm

Qi Gong-Continuing Students

Age 18&Up: Practiced for thousands of years in China, it is the gaining of life energy through exercise. The five Phoenix form uses Qi, the life force that flows through all living beings, to eliminate blockages and open up energy flow in the meridians. Similar to Tai Chi, but only takes 20 minutes. Includes meditative techniques with movements and theory. Wear loose clothing. Booklets given out. Combined class for continuing practitioners taught at same time as beginning class above. Martial Arts Master instructor.

7 Sessions \$53.00

Instructor: Robert Kramer
153372 Germantown CC 6/20 Tu 7:00pm-8:30pm

Tai Chi - Moving Meditation

Age 16&Up: A gentle health maintenance exercise perfect for both the young and the not so young seniors. The purpose is to promote a balanced and healthy life. Wear comfortable clothing.

10 Sessions \$67.00

Instructor: Harumi Williams
152742 Leland CC 6/19 M 6:00pm-7:00pm

Tai Chi Moving Meditation Cont.

Age 16&Up: Continuing students who have taken Tai Chi Moving Meditation with Williams.

10 Sessions \$67.00

Instructor: Harumi Williams
152743 Leland CC 6/21 W 6:00pm-7:00pm

Hatha Yoga with Rudra

Ages 16&Up: Beginning & Continuing Students welcome. A physically challenging program. Develop agility, balance, muscle tone, endurance and vitality, reduce fatigue and aid in bringing relaxation to the body and mind. Learn new posture's (Asana) each week. All classes taught in a progressive, modular concept to form a sequence for use in daily home practice. Wear nonrestrictive clothing and bring a blanket/mat and bare feet to class.

8 Sessions \$92.00

Instructor: Richard Tyson
152697 Norbeck-Mncstr Mill NP 6/19 M 7:00pm-8:30pm
152699 Norbeck-Mncstr Mill NP 6/22 Th 7:00pm-8:30pm

Hatha Yoga and Stress Management

Age 18&Up Continuing Students & Beginners:

Postures and exercises to tone, firm and realign body; relaxation visualization and stress management. Bring blanket or mat to class.

6 Sessions \$79.00

Instructor: Suzana Cooper
152792 Leland CC 6/30 F 9:30am-11:00am

Hatha Yoga

Age 16&Up: Beginning and continuing students are welcome. Yoga is an ancient and systematic approach to good health and wellbeing that helps to reduce stress, improve concentration and develop strength, flexibility and balance. Includes instruction and practice of yoga postures, breath awareness for moving more deeply into the postures, and techniques for calming and focusing the mind. Wear nonrestrictive clothing and bring a mat/blanket to class. Instructor speaks a little bit of Spanish. (La instructora habla un poco de español.) Question email at: mercedita@verizon.net

6 Sessions \$53.00

Instructor: Mercedes Santos
152715 Long Branch CC 6/20 Tu 6:30pm-7:45pm
152716 Gwendolyn Coffield CC 6/21 W 6:00pm-7:15pm



Yoga Workshop

Age 16&Up Mixed levels: Increase your agility and strength through an integrated series of physical postures, breathing exercises and deep relaxation. Instructor is a registered yoga therapist, sensitive to individual needs. Wear nonrestrictive clothing, bring blanket/mat. Bienvenido a hispanohablantes.

8 Sessions \$69.00

Instructor: Eva Greene
152692 Leland CC 6/20 Tu 7:30pm-8:30pm

★ **Power Yoga (Ashtanga Yoga)**

Ages 13&Up: A Moving Yoga that gives you a cardio-strength-building Mind/Body Work-out. Power yoga is a hybrid form of yoga that focuses on strength and flexibility in order to build fitness. It is a modified Ashtanga yoga routine that includes (Vinyasa) quick flowing, strength and flexibility (Asanas) poses. The focus is on flexibility and coordination and strength for arms, chest and back.

The instructor has enjoyed practicing and teaching Yoga for many years to many people in different countries in the world, and claims Power Yoga is perfect for teenagers and for type A personalities. It is truly a form of Aerobic Yoga

9 Sessions \$95.00

Instructor: Juliet Verdi
154354 Wheaton CC 6/19 M 7:00pm-8:15pm



Martial Arts for Youth & Adults

Karate/Jujitsu

Ages 6-12 (Students must be 6 at the start of class): Instruction in the physical and psychological aspects of Tang Soo Do style Korean Karate and Jujitsu. Lecture, exercise, drills and competition with promotional exams available. Instructors from Tompkins Karate Association. New students accepted prior to the 3rd class of each session. *All locations accept Beginning through Advanced students. Beginners must attend 6pm at Upper County CC, Bauer CC, Resnik ES, Fairland CC, Rolling Terr. ES and Dufief ES; at all other sites beginners may attend the later time.

7 Sessions \$33.00

Instructor: Company Staff: TKA, Inc.

153022	Germantown CC	6/20	Tu	7:00pm-8:00pm
153026	Potomac CC	6/21	W	7:00pm-8:00pm

8 Sessions \$38.00

Instructor: Company Staff: TKA, Inc.

153018	Longwood CC	6/19	M	7:00pm-8:00pm
153019	Upper County CC	6/19	M	6:00pm-7:00pm
153020	Upper County CC	6/19	M	7:00pm-8:00pm
153021	Wheaton CC	6/19	M	7:00pm-8:00pm
153023	Damascus CC	6/21	W	7:00pm-8:00pm
153024	Bauer Drive CC	6/21	W	6:00pm-7:00pm
153025	Bauer Drive CC	6/21	W	7:00pm-8:00pm
153027	Resnik, Judith A. ES	6/21	W	6:00pm-7:00pm
153028	Resnik, Judith A. ES	6/21	W	7:00pm-8:00pm
153029	Clara Barton CC	6/21	W	7:00pm-8:00pm
153030	Stedwick ES	6/21	W	7:00pm-8:00pm
153031	Fairland CC	6/22	Th	6:00pm-7:00pm
153032	Fairland CC	6/22	Th	7:00pm-8:00pm
153033	Travilah ES	6/22	Th	6:00pm-7:00pm
153034	Travilah ES	6/22	Th	7:00pm-8:00pm
153035	Poole, John MS	6/22	Th	7:00pm-8:00pm
153036	Rolling Terrace ES	6/22	Th	6:00pm-7:00pm
153037	Rolling Terrace ES	6/22	Th	7:00pm-8:00pm
153038	Bethesda ES	6/22	Th	7:00pm-8:00pm

Karate/Jujitsu Adults

Ages 13&Up: Instruction in the physical and psychological aspects of Tang Soo Do style Korean Karate and Jujitsu. Lecture, exercise, drills and competition with promotional exams available. Instructors from Tompkins Karate Association (TKA). All locations accept beginning through advance students. New students accepted before the 3rd class of each session.

7 Sessions \$43.00

Instructor: Company Staff: TKA, Inc.

153156	Germantown CC	6/20	Tu	8:00pm-9:30pm
153160	Potomac CC	6/21	W	8:00pm-9:30pm

8 Sessions \$49.00

Instructor: Company Staff: TKA, Inc.

153154	Upper County CC	6/19	M	8:00pm-9:30pm
153155	Wheaton CC	6/19	M	8:00pm-9:30pm
153157	Damascus CC	6/21	W	8:00pm-9:30pm
153158	Bauer Drive CC	6/21	W	8:00pm-9:30pm
153159	Clara Barton CC	6/21	W	8:00pm-9:30pm
153161	Stedwick ES	6/21	W	8:00pm-9:30pm
153162	Bethesda ES	6/22	Th	8:00pm-9:30pm
153163	Fairland CC	6/22	Th	8:00pm-9:30pm
153164	Travilah ES	6/22	Th	8:00pm-9:30pm
153165	Rolling Terrace ES	6/22	Th	8:00pm-9:30pm



Karate/Jujitsu Club

Ages 13&Up: Brown and black belt TKA students. Practice with each other and develop skills under supervision of select instructors. No formal instruction during Club sessions. Must be registered in a regular TKA class during the same season.

7 Sessions \$24.00

Instructor: Company Staff: TKA, Inc.

153166	Bauer Drive CC	6/30	F	7:00pm-9:00pm
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Kendo - Beginner

Ages 12&Up: Modern sword training is done using bamboo swords as opposed to bladed swords. Protection for chest, head and hands are worn. Kendo benefits both mind and body through quick thought, quick reflexes, determination, self control and positive physical expression. The goal is not necessarily to defeat the opponent but to gain inner strength and mental confidence. Explore the ancient samurai, their philosophy and values. Optional to purchase shinai from instructor for \$30. See Shodo, an excellent complement to training. Questions email: tsir.office@verizon.net

9 Sessions \$63.00

Instructor: Shiro Shintaku

155377	Tilden MS	6/15	Th	7:15pm-8:15pm
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Kendo - Intermediate

Ages 14&Up: Pre-requisite, beginner class with Shiro Shintaku. Questions email: tsir.office@verizon.net

9 Sessions \$63.00

Instructor: Shiro Shintaku

155378	Tilden MS	6/15	Th	8:20pm-9:20pm
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Shodo

Ages 12&Up Beginner/Intermediate: Japanese Brush Writing. The mental and physical expression of thoughts, feelings and interpretations through the written word, is part of the training of the true Samurai. Helps to develop good concentration, natural hand motion and mental calmness with this introduction to the Japanese language. Optional to purchase \$25 materials from instructor. An excellent compliment to Kendo. Questions email: tsir.office@verizon.net

9 Sessions \$63.00

Instructor: Shiro Shintaku

155379	Tilden MS	6/15	Th	6:00pm-7:00pm
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NEW Hapkido

13&Up: Hapkido, meaning the way of power and coordination, is a 14th century martial art emphasizing kicking and punching as well as joint locks, throws, chokes, and the use of pressure points. Hapkido allows the defender to have complete control with a minimum amount of effort.

10 Sessions \$80.00

Instructor: Company Jin Pal Hapkido Martial Arts Academy

157099	Jin Pal Academy	6/19	M	7:30pm-8:30pm
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★ NEW Women's Self Defense

16&Up: Get ready to get back your independence and self confidence with this practical self defense program designed specifically for women. Using the principles of the Korean art of Hapkido, women, will discover and practice basic moves and techniques for self protection, while increasing their fitness potential. You'll know what to do if challenged and be able to execute a proper and accurate counter assault. Gain the freedom to go anywhere and do anything with poise and self assurance!

8 Sessions \$60.00

Instructor: Company Jin Pal Hapkido Martial Arts Academy

157100 Jin Pal Academy	6/20 Tu	7:30pm-8:30pm
157101 Jin Pal Academy	6/21 W	12:00pm-1:00pm

Instructional Sports

Badminton Beginner/Advanced Beginner

Ages 9&Up: Emphasis on learning individual skills, body movement, concepts, tactics, strategies, history, rules, court etiquette and athletic psychology. \$10 activity fee due to instructor. Competitive techniques of both singles and doubles play.

8 Sessions \$62.00

Instructor: Gary Chao

156563 Bauer Drive CC	6/24 Sa	9:30am-10:30am
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Badminton Intermediate/Advanced

Ages 9&Up: Emphasis on learning individual skills, body movement, concepts, tactics, strategies, history, rules, court etiquette and athletic psychology. Competitive techniques of both singles and doubles play. \$20 activity fee due to instructor.

8 Sessions \$104.00

Instructor: Gary Chao

156570 Bauer Drive CC	6/24 Sa	10:30am-1:00pm
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Looking for tennis or golf lessons or summer camps?

Due to programming changes, Montgomery County Department of Recreation will no longer be offering tennis and golf instruction. For summer and all future programs offered by our previous contractor(s) you may contact them directly.

Love to Par, Inc (tennis, golf, summer camps)

301-379-6171 www.lovetopar.com

Ben Woods (tennis) 301-649-1887

Charles Bassler (golf) 410-744-9494

William Butkiewicz (golf) 301-469-1780

Look in the Park pages for more tennis and golf classes or visit their web site at www.montgomeryparks.com

Tiny Tots

Baby Signs with Andrea

Ages 6-22 months: Wouldn't it be neat if you knew what your baby was saying before he/she could talk! That's only one of the aspirations of this fun filled class. Lots of signing, singing and dancing activities provide important skill and sensory motor development. As children play, they integrate simple signs with their daily activity schedules. All action is teacher and bear, Beebo the Baby Signs Bear, directed for fabulous enjoyment for all! All participants are required to purchase a Sign, Say and Play Kit, \$70, loaded with fascinating resources that enable continued learning and fun at home. Adult participation required. Call 301-642-9300 for more information.

6 Sessions \$95.00

Instructor: Andrea Benedick (Baby Signs)

156867 Potomac CC	6/23 F	4:00pm-4:45pm
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Art Adventures

Ages 2-5: All that glitters is...Art Adventures! Join us for creativity, fun, motor skill development, language, and socialization in an adventure with colors, textures, paints, and glitter too! \$10 material fee due to instructor. Adult participation required. Is your child ready for more than forty-five minutes of fun? Check out the Me Too class!

4 Sessions \$30.00

Instructor: Sharon Lande

156318 Potomac CC	7/11 Tu	9:30am-10:15am
156319 Potomac CC	7/11 Tu	1:00pm-1:45pm
156320 Potomac CC	7/11 Tu	10:15am-11:00am
156321 Potomac CC	7/12 W	10:00am-10:45am
156322 Potomac CC	7/12 W	11:00am-11:45am
156323 Leland CC	7/13 Th	9:30am-10:15am
156324 Leland CC	7/13 Th	10:15am-11:00am
156325 Leland CC	7/13 Th	1:00pm-1:45pm



Abrakadoodle® Mini Doodlers

Ages 3-6: Children develop their creativity through carefully designed lessons that ignite the imagination and develop skills. Using real artists' materials including watercolors, tempera paints, oil pastels, creative tools and more, the children create masterpieces that are truly unique. \$30 material fee due to instructor.

4 Sessions \$35.00

Instructor: Abrakadoodle®

156905 Leland CC	7/8 Sa	11:00am-11:45am
156909 Leland CC	7/12 W	5:00am-5:45pm



Abrakadoodle® Twoosy Doodlers

Ages 20-36 months: A special art class just for toddlers and parents (or helpers). Little fingers will experiment with painting, gluing, sticking, printing and creating while developing fine motor, language and self-help skills. This is an 'I can do it!' class that is fun and creative. Each session has new activities and moms and helpers get to play too. \$30 material fee due to instructor.

4 Sessions \$35.00

Instructor: Abrakadoodle®

156900	Leland CC	7/8	Sa	10:00am-10:45am
156902	Leland CC	7/12	W	4:00pm-4:45pm

Little Linguists - Tiny Tots

Ages 1½-6: Come join our fun, creative and innovative program designed to expose children to the Spanish language! Singing, movement, art, literature and more will enchant participants and parents alike. A great opportunity to add a new attribute to your child's repertoire and enhance their cognitive and social skills. \$10 material fee due to instructor. Adult participation required. Classes 9:30-10:15 and 1:00-1:45 are for ages 1½-2, 10:30-11:15 and 12:15-1:00 are for ages 2-3 and 11:30-12:15 are for siblings and friends, ages 2-6. For more info, please call 301-654-4886.

4 Sessions \$30.00

Instructor: Sandra Aresta

157452	Stoneybrook LP	M	6/19	9:30am-10:15am
157453	Stoneybrook LP	M	6/19	10:30am-11:15am
157454	Stoneybrook LP	M	6/19	11:30am-12:15pm
156855	Gilchrist Center	T	6/20	10:30am-11:15am
156856	Gilchrist Center	T	6/20	11:30am-12:15pm
157451	Gilchrist Center	T	6/20	9:30am-10:15am
156849	Clara Barton CC	W	6/21	9:30am-10:15am
156850	Clara Barton CC	W	6/21	10:30am-11:15am
156851	Clara Barton CC	W	6/21	11:30am-12:15am
157455	Longwood CC	W	6/21	11:30am-12:15pm
157456	Longwood CC	W	6/21	12:15pm-1:00pm
157457	Longwood CC	W	6/21	1:00pm-1:45pm
157458	Capital Vw-Hmwd LP	Th	6/22	11:30am-12:15pm
157459	Capital Vw-Hmwd LP	Th	6/22	12:15pm-1:00pm
157460	Capital Vw-Hmwd LP	Th	6/22	1:00pm-1:45pm
157461	Gwendolyn Coffield CC	F	6/23	9:30am-10:15am
157462	Gwendolyn Coffield CC	F	6/23	10:15am-11:00am
157463	Gwendolyn Coffield CC	F	6/23	11:30am-12:15pm
157464	Leland CC	Sa	6/24	9:30am-10:15am
157465	Leland CC	Sa	6/24	10:30am-11:15am

Tiny Hand Crafts Summer Fun

Ages 2-7: Come join us for a big 'handful' of fantastic activities and crafts. Each class will visit exciting places such as a kingdom with knights and royalty, the world, and our universe! A cool opportunity to experience new textures, explore, play and socialize. Create 3-4 incredible crafts per day. \$20 material fee due to the instructor. Parent participation required.

3 Sessions \$30.00

Instructor: Tiny Hands

156860	Quince Orchard Vly NP	7/11	Tu,W,Th	1:00pm-2:00pm
156861	Damascus CC	7/11	Tu,W,Th	10:00am-11:00am
156862	Stoneybrook LP	6/28	W,Th,F	10:00am-11:00am
157449	Spencerville LP	6/28	W,Th,F	1:00pm-2:00pm

Discovering Music For Infants

Ages 6 months-1 year: A fun, creative, and enjoyable way to expose infants to music. Studies confirm that early exposure can enhance coordination and gross motor skills, inner beat for music, balance and reinforce cognitive learning. Infants, adults and instructors interact in positive and supportive ways. Enjoy singing with percussion instruments, rhymes, rhythmic massage and dancing. Adult participation required. \$10 material fee due to instructor.

5 Sessions \$44.00

Instructor: Music for Life

156603	Wheaton Lib	6/19	M	10:15am-11:00am
156600	Clara Barton CC	6/20	Tu	9:15am-10:00am
156602	Upper County CC	6/28	W	9:15am-10:00am

Discovering Music for Toddlers

Ages 1-3: A fun, creative, and enjoyable way to develop coordination and gross motor skills, an inner beat for music, balance and reinforce cognitive learning. Activities include singing, rhyming, moving to different rhythms, playing simple percussion and melodic instruments. Siblings 0-8 months may participate at no charge and are not required to be registered. After 8 months, siblings must register and pay class fee. On line registration not available for 0-8 months, call 240-777-6870. Adult participation required. \$10 material fee due to instructor.

5 Sessions \$44.00

Instructor: Music for Life

156608	Wheaton Lib	6/19	M	11:15am-12:00pm
156606	Clara Barton CC	6/20	Tu	10:15am-11:00am
156618	Spencerville LP	6/20	Tu	10:00am-10:45am
156611	East County CC	6/22	Th	10:15am-11:00am
156622	Potomac CC	6/23	F	5:15pm-6:00pm
156609	Upper County CC	6/28	W	10:15am-11:00am
156610	Upper County CC	6/28	W	11:15am-12:00pm

Exploring Music & Piano Prep

Ages 3-5: Discover and explore musical aspects and concepts. Covers rhythm, singing, ear training, movement, coordination and motor skills. Children play more complex percussion and melodic instruments as class progresses. Parent participation is required. \$10 material fee due to instructor.

5 Sessions \$76.00

Instructor: Music for Life

157199	Wheaton Library	6/19	M	12:15pm-1:15pm
157200	Clara Barton CC	6/20	Tu	11:15am-12:15pm
157499	Spencerville LP	6/20	Tu	11:00am-12:00pm
157201	Potomac CC	6/23	F	4:15pm-5:15pm
157450	East County CC	6/22	Th	12:15pm-1:15pm



Movement, music and fun, Discovering Music Class has it all.

Need an additional registration form?

Download one from our website at www.montgomerycountymd.gov/rec

Me Too

Ages 2-4: Combines exercise, dance, games, songs, and parachute fun to develop motor skills, educational concepts, and self esteem. Adult participation required. \$6 material fee due to instructor. Is your child ready for more than forty-five minutes of fun? Check out the Art Adventures class!

4 Sessions **\$30.00**

Instructor: Sharon Lande

156326	Potomac CC	7/11	Tu	11:00am-11:45am
156327	Leland CC	7/13	Th	11:00am-11:45am

Funfit® One

Ages 1-2: A fun-filled adult/child high-energy activity class that includes songs, stories, parachutes, games, balls, music and more. Develops motor skills, coordination, socialization, cooperation and reinforces cognitive development. A great workout for both you and your child. Adult participation required. Child must be walking. \$10 material fee due to instructor.

6 Sessions **\$49.00**

Instructor: Funfit®

156295	Leland CC	6/19	M	9:00am-9:45am
156296	Leland CC	6/19	M	9:45am-10:30am
156297	Potomac CC	6/19	M	4:00pm-4:45pm
156298	Gwendolyn Coffield CC	6/20	Tu	9:30am-10:15am
156299	Gwendolyn Coffield CC	6/20	Tu	10:15am-11:00am
156300	Stoneybrook LP	6/20	Tu	9:30am-10:15am
156301	Stoneybrook LP	6/20	Tu	10:15am-11:00am
156302	Fairland CC	6/20	Tu	10:00am-10:45am
156303	Quince Orchard Vly NP	6/20	Tu	4:00pm-4:45pm
156304	Potomac CC	6/21	W	9:30am-10:15am
156305	Potomac CC	6/21	W	10:15am-11:00am
156306	Damascus CC	6/21	W	9:30am-10:15am
156307	Germantown CC	6/22	Th	4:00pm-4:45pm
156308	Glenmont LP	6/22	Th	9:30am-10:15am
156309	Quince Orchard Vly NP	6/23	F	9:30am-10:15am



Tiny Tots classes allow parents and children to participate in activities together.

Funfit® Two

Ages 2-3:

6 Sessions **\$49.00**

Instructor: Funfit®

156310	Leland CC	6/19	M	10:30am-11:15am
156311	Potomac CC	6/19	M	4:45pm-5:30pm
156312	Fairland CC	6/20	Tu	10:45am-11:30am
156313	Gwendolyn Coffield CC	6/20	Tu	11:00am-11:45am
156314	Potomac CC	6/21	W	11:00am-11:45am
156315	Damascus CC	6/21	W	11:00am-11:45am
156316	Glenmont LP	6/22	Th	10:15am-11:00am
156317	Quince Orchard Vly NP	6/23	F	10:15am-11:00am

Family Funfit®

Ages 18 months-4 years: A fun filled, high energy activity class that includes games, songs, stories, music, parachute, balls and more! A great workout for the whole family! Adult participation required. Children must be walking. \$10 activity fee per child, \$20 family maximum, due to the instructor. Class price is per child.

6 Sessions **\$49.00**

Instructor: Funfit®

156288	Stoneybrook LP	6/20	Tu	11:00am-11:45am
156289	Fairland CC	6/20	Tu	11:30am-12:15pm
156290	Quince Orchard Vly NP	6/20	Tu	4:45pm-5:30pm
156292	Damascus CC	6/21	W	10:15am-11:00am
156291	Wheaton CC	6/22	Th	11:00am-11:45am
156294	Quince Orchard Vly NP	6/23	F	11:00am-11:45am
156293	Germantown CC	6/29	Th	4:45pm-5:30pm

**Wee Wanna Be Summer Siblings**

Ages 2-5: Which sports players do your kids pretend to be? This innovative sports program builds self-esteem and confidence! An introduction to, soccer, football, kick ball, agility training, t-ball, and other sports through supervised, non-competitive play sessions. Each child can participate at his/her own pace. Adult participation required. Note: Classes will be held outdoors and may be cancelled due to inclement weather. Parents and children, please dress appropriately and bring water/juice. \$10 material fee due to instructor. For inclement weather cancellations and other information please call 301-983-2690. Classes will not meet 7/4. Make up class is scheduled for Friday, July 7. For more information go to ctikids.com.

6 Sessions **\$52.00**

Instructor: CTI Kids-Coach Doug

156265	Germantown CC	6/19	M, W	9:00am-9:45am
156266	Germantown CC	6/19	M, W	9:45am-10:30am
156267	Potomac CC	6/20	Tu, Th	9:00am-9:45am
156268	Potomac CC	6/20	Tu, Th	9:45am-10:30am

Coach Doug's Summer Sports School

Ages 4-7: Join us for this innovative program based on the principals of the highly successful Wee Wanna Be classes which build self-esteem and enhancing cooperation. Classes will focus on specific sports for a longer period of time to allow children an opportunity to comfortably develop their interest and abilities. Teamwork is emphasized and each child will receive a t shirt. Sports include: soccer, lacrosse and more! \$10 material fee due to instructor.

6 Sessions **\$62.00**

Instructor: CTI Kids-Coach Doug

156284	Germantown CC	6/19	M, W	5:00pm-5:45pm
156286	Germantown CC	6/19	M, W	5:30pm-6:15pm
156285	Potomac CC	6/20	Tu, Th	5:00pm-5:45pm
156287	Potomac CC	6/20	Tu, Th	5:45pm-6:30pm

Xciting Xtras

Dog Obedience

When deemed necessary by instructor, dogs may be assigned to a class better suited to their level of performance or owner may be asked to remove dogs from program. All pet vaccinations must be current. Prong collars are not permitted. NO RETRACTABLE LEASHES. Questions: Call Wortley Ganoe at 301-946-5645 Sandi Atkinson at 301-977-2867 or e-mail idnasa@aol.com.



Puppy Kindergarten

Ages Trainers 12&Up/Puppies 2-5 months: Prevent problems before they start. The puppy will explore and be trained to adjust to new sights, sounds, people, and dogs. Instruction in housebreaking, lead breaking and general discipline of puppy.

6 Sessions \$43.00
Instructor: Wortley Ganoe
152746 MCRD Offices 6/24 Sa 10:00am-11:00am



Dog Obedience Basic

Ages Trainer 12&Up/Dogs 5 months&Up: For the beginning dog and handler. Learn how to teach your dog the following: sit, down, stay, stand, come, heel, and other useful commands. Various training techniques, responsible dog ownership, etc. will be discussed. Students WILL BE EXPECTED to practice outside class. All work on lead. No class on 7/5.

6 Sessions \$43.00
Instructor: Sandi Atkinson
154755 Mill Creek Towne ES 6/7 W 6:30pm-7:30pm

Dog Obedience Intermediate

Ages Trainers 12&Up/Dog 6 months&Up: Prerequisite (a basic course). Building on the basic commands, handlers will teach correct heel position, get reliable responses to first command, learn more about canine psychology, training goals, etc. Students WILL BE EXPECTED to practice outside class. All work on lead.

No retractable leashes. No Wednesday class on 7/5.
6 Sessions \$43.00
Instructor: Wortley Ganoe
152755 MCRD Offices 6/24 Sa 11:00am-12:00pm
Instructor: Sandi Atkinson
154758 Mill Creek Towne ES 6/7 W 7:30pm-8:30pm

★ Rally-Sub-Novice Dog Obedience

Trainers must be 12&Up: Learn more about rally obedience, exercises, and course strategy as a bridge to traditional dog obedience competition. Improve technique and teamwork of dog and handler; improve heeling and control. More advanced rally exercises will challenge each team to show off what they've learned. Handlers will learn to design individualized training programs to address issues with their own dogs. Students WILL BE EXPECTED to practice outside class. Most work on lead. No Sunday class 7/2 and 7/16.

6 Sessions \$43.00
Instructor: Sandi Atkinson
154759 Bauer Drive CC 6/4 Su 9:00am-10:00am

★ Before You Buy a Dog

Are you thinking of adding a dog to your family? What breed do you want? Is this actually the breed that you can live with until death do you part? How do you find a breeder? What should you ask? What will the breeder ask you? What do you need to know about registration ('papers') and health issues? Can you afford a dog? These questions and more will be addressed in this class.

1 Session \$21.00
Instructor: Sandi Atkinson
154760 Bauer Drive CC 6/20 Tu 7:00pm-8:00pm

★ You Have Your Dog. Now What?

Congratulations! You now have your dog! What else can you do beside go for walks? Have you ever wanted to know what goes on at a dog show? How do you find an appropriate show? Could YOU compete successfully? Ever seen dog agility on TV and fantasized about showing off with your dog? Information and referral will be given to those wanting to get started on the road to specialty training and earning titles in the dog world. Bring paper and pen to take notes! The instructor has successfully competed with several dogs over the past 20+ years in agility, conformation, lure coursing, obedience, rally, and tracking, earning titles from four different dog registries. Stellar Zenith, her current contender has been featured in several dog magazines and has earned 35 titles.

1 Session \$21.00
Instructor: Sandi Atkinson
154804 Bauer Drive CC 6/20 Tu 8:00pm-9:00pm

Unique Extras

Beauty Boot Camp

Ages 13-17: Lifestyle training which covers basic beauty techniques for young adults. Make-up application, basic grooming, hair styling tips and how to be a lady in social and dating situations. Includes skin care rituals and cosmetics that can be made from the kitchen. Class culminates in a make-up party.

6 Sessions \$36.00
Instructor: Tanika Briggs-Belis
155305 Fairland CC 6/24 Sa 11:30am-12:30pm

★ Chess-Beginner I

Ages 6&Up: Chess has been proven to enhance the academics of math and reading in children grades K-12. Class will focus on fundamentals: the pieces, how they move, and their value. Students will learn the three phases of a chess game; the objectives of each phase; and how to accomplish checkmate. \$10 material fee due to instructor.

8 Sessions \$50.00
Instructor: Vaughn Bennett
155839 Fairland CC 6/19 M 6:30pm-8:00pm
155840 Bauer Drive CC 6/24 Sa 10:00am-11:30am

We very much appreciate the instructor's enthusiasm and inspiration.

Beauty Boot Camp



NEW Entertaining with Style

Ages 18&Up: Throw a party everyone will remember by planning a fantastic, creative, and fun theme party. Whether it's a holiday masquerade, a summer luau, or a bridal shower extravaganza, you can create and throw a theme party that will have them all asking who you hired to plan it! In this class, you'll learn handy organizational tips, get ideas for themes, learn where to buy unique and fun favors and decorations, and start on your way to entertaining with style and creativity. \$10 material fee due to instructor for take-home handouts.

1 Session **\$29.00**
Instructor: Susan Donnelly
155462 Leland CC 8/9 W 7:00pm-9:00pm

NEW Etiquette for Kids

Ages 6-10: Give your children the tools to help them succeed throughout life. Good manners teach children how to better interact with the world around them in a respectful, sensitive, and kind manner. This class helps improve self-esteem and confidence. Classes will cover many types of social etiquette including: Say What?-Greetings and conversation skills; Be My Guest-Special occasion manners; Forks or Fingers?-Table manners; Netetiquette-Manners for using the Internet, telephones, and other communication skills; and, Good Sport-Tolerance, Fair Play, Privacy, and Sharing. Classes include take-home materials, games, and snacks (table manner class). Upon completion of the course, children will receive a handout summarizing the manners and lessons presented in the class and a personalized 'graduation' certificate. \$15 material fee due to instructor.

5 Sessions **\$85.00**
Instructor: Susan Donnelly
155436 Potomac CC 6/20 Tu 4:45pm-6:00pm

NEW Fantasy Football League

Adults: Join the hottest craze among the football community and participate in a Fantasy Football League. The first session (8/29) will offer a pre-game huddle to get ready for the draft and develop league strategies. The draft will take place in the second session (9/5); you will draft your dream team. The remaining season will be spent in the comfort of your own computers as you watch your fantasy team hammer on. Teams will reconvene on December 12 for a pre-play-off-pow-wow. Eligibility requirements: must have access to the internet. Winning teams will earn bonuses awarded at the end of the football season (in January). \$10 material fee due to instructor at the first class.

3 Sessions **\$50.00**
Instructor: Robert Healy
155706 Potomac CC 8/29 Tu 6:30pm-9:00pm

NEW Be Your Own Travel Agent

Ages 18&Up: Ever wonder how other people book such fantastic trips? Would you like to book your own travel but don't know how? Don't want to call a travel agent?-Be your own! If you know the basics of using the internet you can become your own travel agent. Learn where to go and what to do on the internet to find yourself a fabulous vacation and make all the plans on your own! Find the best deals on air travel and hotels to make the most of your money. Bring ideas for a trip that you would like to research and we'll get you started! \$5 material fee for handouts.

1 Session **\$29.00**
Instructor: Susan Donnelly
155461 Gwendolyn Coffield CC 7/6 Th 6:30pm-9:00pm

Help Build Your Community: Make a Donation

Help build a better community by making a donation to Friends of Recreation (FOR).^{*} Your tax deductible contribution can help support a community center or other Recreation Department facility, or enable a needy child or teen to enjoy a positive recreation experience. Simply make your check out to the Montgomery Parks Foundation, and indicate how you want your gift to be used. To designate your donation, please specify in the memo section of your check as follows: either FOR General Fund or FOR (and the facility you wish to support).

Send your check to: Friends of Recreation,
4010 Randolph Road,
Silver Spring, MD 20902.

^{*}FOR is affiliated with the non-profit Montgomery Parks Foundation, a public foundation that allows citizens to make donations to the County's Parks and Recreation Programs. To learn more about FOR, call 240-777-4920 or check our webpage at montgomerycountymd.gov/rec

Friends of
RECREATION
Montgomery County

NEW Knitting as Meditation

Ages 18&Up: Calling all potential knitters looking for a way to calm your mind and soul. If you've ever knit or meditated before, this class is for you. Learn how you can use knitting as a form of meditation to escape from the stress of normal life and return to yourself. You'll learn the very basics of knitting to get you started on a lifelong hobby. Novices only please. All necessary materials will be provided for a \$20 material fee due to instructor.

1 Session **\$29.00**

Instructor: Susan Donnelly
155463 Leland CC 8/16 W 7:00pm-9:00pm

**Fast, easy online registration
with RecWeb at
montgomerycountymd.gov/rec**

**Boating**

These courses are NOT part of the Montgomery County Department of Recreation (MCRD) program of services and are NOT sponsored by MCRD. The programs are sponsored by volunteer organizations and they are responsible for providing appropriate assistance to students with disabilities.

Please call the instructor listed for further information on these courses at least 10 working days before the class starts. Also see *Instructional Sports* on page 46.

Meredith Horan	301-926-1054		
Woodrow Knight	301-924-3550		
Edward Duffy	301-816-0045 x109	edduffy@associationsocins.com	
Charles F. Yost, Jr	202-205-3432	charles.yost@usitc.gov	

Boating Skills & Seamanship**14 two-hour classes**

10/3/06-11/21/06	T, Th	7:30pm	Gaithersburg MS	Horan
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Let's Go Sailing**5 two hour classes**

9/14/06-9/28/06	T, Th	7:30pm	Gaithersburg MS	Horan
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Let's Go Sailing Plus**10 two-hour classes**

9/14/06-11/21/06	T, Th	7:30pm	Gaithersburg MS	Horan
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Coastal Navigation**18 two-hour classes**

9/14/06-11/16/06	T, Th	7:30pm	Gaithersburg MS	Horan
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Maryland Boating Course**5 two-hour classes**

TBA	T, Th	7:30pm	BoatUS, Rockville	Horan
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4 two-hour classes

9/11/06-9/20/06	M, W	7:30	Tilden MS	Knight
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Global Position Satellite (GPS)**4 two-hour classes**

11/28/06-12/7/06	T, Th	7:30pm	Gaithersburg MS	Horan
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Boat Smart

Certificate awarded upon successful completion of boating safety course.

4 two-hour classes

Session I: 10/4/06-10/25/06	W	7:30pm	Walter Johnson HS	Yost
Session II: 11/14/06-12/5/06	T	7:30pm	Walter Johnson HS	Yost

Global Position Satellite (GPS)**1 seven-hour class**

6/24/06	Sat	9:00am	Cabin John VFD, Bethesda	Duffy
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What's New-In Classes

Adult Arts & Crafts: Drawing or Painting - Your Choice, Flowers For All Seasons, Stamp Camp, Mosaic Butterfly Bath

Youth Arts & Crafts: Family Cartooning, Family Drawing & Painting, Family Fun with Watercolor

Adult cooking: Wine & Dine: Summer Favorites, Wonderful Westerns, Australia; Light Summer Meals, A Sugar Rush, Better Cooking at Home

Adult Dance: German and Austrian Folk Dances, Folk Square-Family

Fitness & Exercise for Adults: Baby Boot Camp

Wellness: Piyochi, Power Yoga

Martial Arts: Hapkido, Women's Self Defense

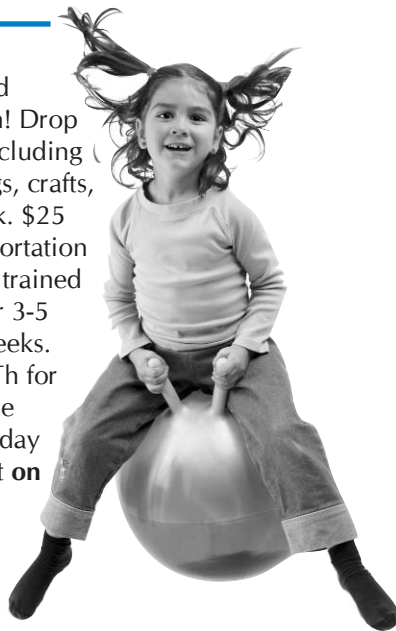
Xciting Xtras: Rally-Sub-Novice Dog Obedience, Before You Buy A Dog, You Have Your Dog: Now What, Chess-Beginner I, Entertaining With Style, Etiquette For Kids, Fantasy Football League, Knitting As Meditation, Be Your Own Travel Agent

SUMMER SCHOOLS & CLINICS

Tiny Tots

Funfit® Summer Fun

Ages 3-5: Let Funfit® entertain your child while you take in some summertime fun! Drop off the little one for exciting activities including parachutes, balls, movement, sing-alongs, crafts, and a special carnival day. Bring a snack. \$25 material fee due to instructor. No transportation provided. Children must be 3 and toilet trained by the start of the program. Programs for 3-5 year olds meet M&W or Tu&Th for 3 weeks. Programs for 4-5 at Leland CC meet M-Th for 2 weeks. Combine Leland Funfit with the Leland Little People Center for a longer day of fun activities! **Programs will not meet on Tuesday, July 4.**



Ages 3-4:

5 Sessions

\$121.00

Instructor: Funfit®

142808 Capital View-Hmwd LP 6/20 Tu, Th 9:30am-11:30am

142811 Quince Orchard Vly NP 6/20 Tu, Th 9:30am-11:30am

6 Sessions

\$145.00

Instructor: Funfit®

142807 Quince Orchard Vly NP 6/19 M, W 9:30am-11:30am

142809 Capital View-Hmwd LP 6/19 M, W 9:30am-11:30am

142810 Quince Orchard Vly NP 7/10 M, W 9:30am-11:30am

142812 Capital View-Hmwd LP 7/10 M, W 9:30am-11:30am

142813 Capital View-Hmwd LP 7/11 Tu, Th 9:30am-11:30am

142814 Quince Orchard Vly LP 7/11 Tu, Th 9:30am-11:30am

Ages 4-5:

7 Sessions

\$193.00

Instructor: Funfit®

142816 Leland CC 7/3 M-Th 1:00pm-3:00pm

8 Sessions

\$203.00

Instructor: Funfit®

142815 Leland CC 6/19 M-Th 1:00pm-3:00pm

142817 Leland CC 7/17 M-Th 1:00pm-3:00pm

Mini Music Makers

Ages 3-5: Discover and explore musical aspects and concepts in this enjoyable mini school using percussion and melodic instruments. Curriculum includes songs, rhythm, motor coordination and more. Parents welcome. \$20 material fee due to the instructor. No transportation is provided. Children must be 3 and toilet trained by the start of the program. Programs meet M&W or Tu&Th for 3 weeks. Call 301-951-3626 for more information. **Programs will not meet on Tuesday, July 4.**

5 Sessions

\$121.00

Instructor: Music for Life

142820 Norwood LP 6/20 Tu, Th 9:30am-11:30am

6 Sessions

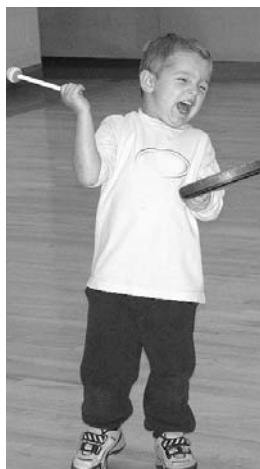
\$145.00

Instructor: Music for Life

142818 Gwendolyn Coffield CC 6/19 M, W 9:30am-11:30am

142819 Gwendolyn Coffield CC 7/10 M, W 9:30am-11:30am

142821 Norwood LP 7/11 Tu, Th 9:30am-11:30am



Challenger Jr.

Ages 3-5: This preschool program combines the creative and age appropriate activities of Challenger Space & Rocketry with the non-competitive Sports/Fitness activities of Wee Wanna Be. Organized 'Learning Stations' feature fun-in-learning, hands-on activities based on the space theme. Sports are presented in a kid friendly environment where children can learn at their own pace. Preschoolers love discovering just what they can accomplish in this multi-action program! **Programs will not meet on Tuesday, July 4.**

4 Sessions

\$78.00

Instructor: CTI Kids-Coach Doug

143339 Cabin John MS 7/3 M,W,Th,F 9:00am-12:00pm

5 Sessions

\$98.00

Instructor: CTI Kids-Coach Doug

143289 Cabin John MS 6/19 M-F 9:00am-12:00pm

143338 Cabin John MS 6/26 M-F 9:00am-12:00pm

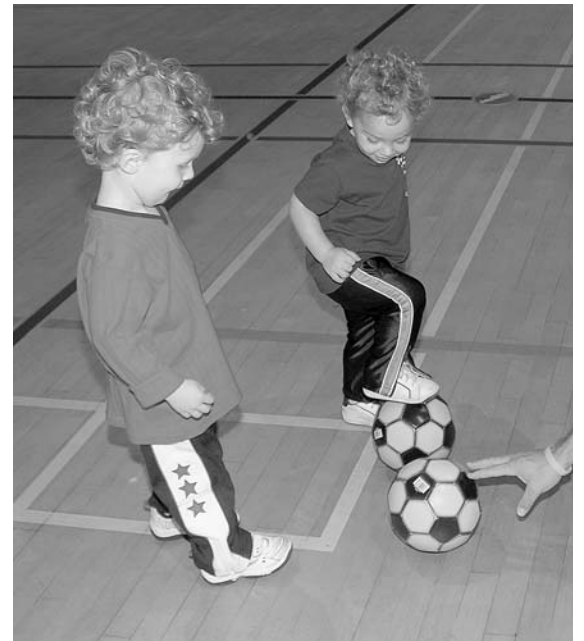
143340 Cabin John MS 7/10 M-F 9:00am-12:00pm

143341 Cabin John MS 7/17 M-F 9:00am-12:00pm

143342 Cabin John MS 7/24 M-F 9:00am-12:00pm

143343 Cabin John MS 7/31 M-F 9:00am-12:00pm

143376 Cabin John MS 8/7 M-F 9:00am-12:00pm



UK Elite Soccer Summer Petite

Ages 3-4: A fun introduction to soccer utilizing maximum activity and participation and highly stimulating fantasy games. The focus is creating a fun learning environment in which children develop basic ball manipulation skills, using their feet. Instruction is provided by professional British coaches and teachers. All participants receive a U.K. Elite t shirt, a new Reebok® soccer ball and a certificate of attendance.

5 Sessions

\$110.00

Instructor: U.K. Elite

143794 Flower Hill ES 6/26 M-F 9:00am-10:30am

143795 Flower Hill ES 6/26 M-F 10:30am-12:00pm

143792 Burning Tree ES 7/10 M-F 9:00am-10:30am

143793 Burning Tree ES 7/10 M-F 10:30am-12:00pm

Art & Dance Programs

Abakadoodle® Art Programs

Ages 6-12: Welcome to the wonderful world of Abakadoodle® art schools. Each day explore fun, age appropriate, and challenging art techniques. Dress to get messy. Bring a snack or lunch. Look for complementary Abakadoodle® programs; join us for the morning, afternoon or spend all day with us! The five day program material fee is \$58; the three-day program material fee is \$39, due to instructor on the first day. See page 53 for Extended Camp and Busing. **No program July 3 and July 4.**

Bethesda Elementary School

No Bus or Extended Camp

Greenwood Elementary School

Extended Camp: Bauer Drive CC, Longwood CC
Bus Code: BD01, LW01

Rock Creek Forest Elementary School

No Bus or Extended Camp

Shady Grove Middle School

Extended Camp: Shady Grove MS; No Bus

Around the World

You've explored all of the local sights to see, so why not take a trip 'Around the World' with Abakadoodle®? Use printing, sculpture, collage and lots of color when you visit the warmth of Mexico and create a Sun Sculpture. Learn about the Festival Elephants of India and go to Ecuador and make Beautiful Birds. Snow in the summertime? Sure - we will travel to the land of the snow bear to create Inuit Bear art and then tie it all together with Rainbow Hand art! Get your ticket today.

3 Sessions \$57.00

Instructor: Abakadoodle®

142598 Greenwood ES 7/5 W,Th,F 9:00am-12:15pm

5 Sessions \$95.00

Instructor: Abakadoodle®

142599 Shady Grove MS 7/10 M-F 12:15pm-3:30pm

142600 Bethesda ES 7/24 M-F 9:00am-12:15pm

Buzz, Ribbit and Roar

Let's get into nature with fish, frogs, bugs, turtles and dinosaurs! Create your own wild and wacky animal worlds with these fun lessons. Explore scratchboard art to make underwater scenes in the spirit of Klee, mix watercolors and crayons to create your own unique pond scenes or make silly make believe 'buggy neighborhoods in a jar'. Discover painting with sand to create American Indian turtle art or use your imagination to craft your own dinosaurs like Artist Korky Paul, and more!

3 Sessions \$57.00

Instructor: Abakadoodle®

142788 Greenwood ES 7/5 W,Th,F 12:15pm-3:30pm

5 Sessions \$95.00

Instructor: Abakadoodle®

142789 Bethesda ES 7/17 M-F 9:00am-12:15pm

Castles and Dragons

Make your very own castle using shapes and forms. Create a family crest or shield from your own family history. Protect your castle with origami dragons that you create. Then get in the action with a crown, a helmet, a tiara or a jester's hat. More fun is in store when you meet Abakadoodle® in Medieval times! Explore various art techniques while you and your imagination create colorful castles using kirigami, crowns and shields using colorful poster papers and fabric trimmings, puppets using corrugated cardboard and chenille sticks, and colorful dragons using origami techniques.

3 Sessions \$57.00

Instructor: Abakadoodle®

142489 Shady Grove MS 7/5 W,Th,F 12:15pm-3:30pm

5 Sessions \$95.00

Instructor: Abakadoodle®

142488 Greenwood ES 6/19 M-F 9:00am-12:15pm

146540 Rock Creek Forest ES 7/24 M-F 12:15pm-3:30pm

Impress Me

How did they do that? Discover the techniques and styles of impressionists Monet, Schue, Seurat and Cherkasky; featuring pastels, watercolors, collage, and pointillist fashion techniques during three to four individual lessons taught throughout the day. Using curved hands and tempera paints, create 12 x 18 inch iris gardens. Chalk pastels and blending tools help create landscapes, and using tissue papers cut out shapes to discover your own 'lunch' of art.

5 Sessions \$95.00

Instructor: Abakadoodle®

142592 Greenwood ES 6/26 M-F 12:15pm-3:30pm

142593 Shady Grove MS 7/10 M-F 9:00am-12:15pm

142594 Greenwood ES 7/10 M-F 12:15pm-3:30pm

142595 Bethesda ES 7/24 M-F 12:15pm-3:30pm

142596 Bethesda ES 7/31 M-F 9:00am-12:15pm

142597 Rock Creek Forest ES 7/31 M-F 12:15pm-3:30pm

Paint Me a Story

This program combines popular library books and art for imaginative fun. Enjoy a day that combines reading and art by reading an age appropriate book (book options include 'In the Tall Tall Grass', 'Henri Rousseau, A Jungle Expedition', 'Planting a Rainbow', 'Just Like Me', 'Fireflies', 'Are You My Mother', etc.) and creating art using lessons that have been developed to accompany the stories. Lessons may highlight Henry Rousseau featuring tempera paints and printing with collected leaves, Georgia O'Keefe using chalk pastels to create flowers, lessons from Cassatt, and an opportunity to design 'doodle faces' with shapes.

3 Sessions \$57.00

Instructor: Abakadoodle®

142539 Shady Grove MS 7/5 W,Th,F 9:00am-12:15pm

5 Sessions \$95.00

Instructor: Abakadoodle®

142538 Greenwood ES 6/19 M-F 12:15pm-3:30pm

142540 Greenwood ES 7/10 M-F 9:00am-12:15pm

142541 Bethesda ES 7/10 M-F 12:15pm-3:30pm

142542 Rock Creek Forest ES 7/24 M-F 9:00am-12:15pm

142543 Bethesda ES 7/31 M-F 12:15pm-3:30pm



Extended Camps/Bus Transportation

For more detailed information about Extended Camps and Bus Transportation for Summer Schools & Clinics, please pick up a *Summer Camps and Programs* brochure or call 240-777-6870. Information may be viewed on-line at www.montgomerycountymd.gov/rec.



Puppet Show

Let's make a puppet show with Abarakadoodle! Come along and learn how to make four different kinds of puppets and a theatre for the show. Spark your imagination as you make paper plate puppets, dancing puppets, talking puppets and finger puppets. Learn all about the techniques and materials used to create a one of a kind puppet show.

5 Sessions \$95.00

Instructor: Abrakadoodle®

142588	Greenwood ES	6/26	M-F	9:00am-12:15pm
142590	Bethesda ES	7/17	M-F	12:15pm-3:30pm
142591	Rock Creek Forest ES	7/31	M-F	9:00am-12:15pm

Art Destinations School

Ages 9-14: Make Art Destination your destination for creative fun. Take a magical journey where children of all levels work on the same project or project of choice. New themes, techniques and materials are woven into each session's journey. Join us for the morning, afternoon, all day or all summer. There will be an art show for family and friends at the end of each session. Bring a bag lunch or snack and smock.

Morning Session: Your destination is the world of crafts; you may paint a flower pot, build with clay, weave with beads. Create with other materials at your own pace at a variety of craft centers. \$40 material fee due instructor for each session. **Afternoon Session:** Your afternoon destination is the world of fine arts; you may explore watercolors, pen and ink, drawing as well as crafts; paper making, papermache, embossing and more. \$40 material fee due instructor on first day for each two-week session. Bring lunch or snack and smock. Art Destinations filled quickly last year, don't miss the fun. See page 53 for Extended Camp and Busing. **Programs will not meet on Tuesday, July 4.**

Pyle Middle School

Extended Camp: Pyle MS

Rocky Hill Middle School

Extended Camp: Damascus CC, Germantown CC, Neelsville MS, Shady Grove MS

Bus Code: DA03, GT 09, NV09, SG17

Wood Middle School

Extended Camp: Bauer Drive CC, Fairland CC,

Longwood CC, Wheaton CC

Bus Code: FL08, LW12, WH20

9 Sessions \$177.00

Instructor: Abigail Dion

141739	Wood MS	7/3	M-F	9:00am-12:15pm
141742	Wood MS	7/3	M-F	12:15pm-3:30pm
141745	Pyle, Thomas W. MS	7/3	M-F	9:00am-12:15pm
141747	Pyle, Thomas W. MS	7/3	M-F	12:15pm-3:30pm
141748	Rocky Hill MS	7/3	M-F	9:00am-12:15pm
141749	Rocky Hill MS	7/3	M-F	12:15pm-3:30pm



10 Sessions

Instructor: Abigail Dion

141738	Wood MS	6/19	M-F	9:00am-12:15pm
141741	Wood MS	6/19	M-F	12:15pm-3:30pm
141744	Pyle, Thomas W. MS	6/19	M-F	9:00am-12:15pm
141746	Pyle, Thomas W. MS	6/19	M-F	12:15pm-3:30pm
141740	Wood MS	7/17	M-F	9:00am-12:15pm
141743	Wood MS	7/17	M-F	12:15pm-3:30pm
141888	Rocky Hill MS	7/17	M-F	9:00am-12:15pm
141889	Rocky Hill MS	7/17	M-F	12:15pm-3:30pm

\$190.00

Xciting Xtras



Day Dream Hip Hop Dance School

Ages 8-14: Dance the summer away in this upbeat hip hop dance school that infuse the latest music with the freshest dance moves, creating a high energy fun camp atmosphere. Top quality dance instruction, cool weekly themes, arts and crafts and fun games round out the session. Beginning through advanced level dancers are taught choreographed routines while they explore the process of making a video, from set design to final performance. Each session ends with a show for family and friends. \$20 material fee is for each two week session. Photos are extra. **Session 1:** Bling, Bling week and Day Dream Idol - Design T-shirts and make bling bling jewelry for our Bling Bling Bash. Be the first Day Dream Idol in our talent show. **Session 2:** Live Like a Star and DTV Awards - Learn the moves right out of your favorite video and look, act and dance like a star (age appropriate). DTV awards give the trophy for the fastest learner, best choreographer and freshest mover. Session 3: Picture This...and Lights Camera Action! Have a photo shoot with a professional photographer and star in your own music video. See page 53 for Extended Camp and Busing. **Programs will not meet on Tuesday, July 4.**

Extended Camp: Damascus CC, Germantown CC, Neelsville MS, Shady Grove MS

Bus Code: DA03, GT 09, NV09, SG17

9 Sessions \$315.00

Instructor: Lakisha Reid

141689	Rocky Hill MS	7/3	M-F	9:00am-3:30pm
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10 Sessions

Instructor: Lakisha Reid

141688	Rocky Hill MS	6/19	M-F	9:00am-3:30pm
141690	Rocky Hill MS	7/17	M-F	9:00am-3:30pm

\$350.00



Baton, Cheerleading, and Poms

Ages 7-11: Highlights the spirit of teamwork and friendly competition. Choreographed routines to contemporary music enhance poise and develop confidence. Beginner through advanced levels practice basic twirls, marching routines, and dance twirls. Teachers are registered with the National Baton Twirling Association. A \$27 material fee is payable to instructor on first day to cover T-shirt, poms, and swimming pool time. A \$14.50 material fee (Damascus only) is payable to instructor on first day to cover T-shirt and poms. Swim time is not provided at this location. Batons may be borrowed or purchased from instructor. See page 53 for Extended Camp and Busing.

Damascus Community Center

Extended Camp: Damascus CC, Germantown CC, Neelsville MS

Bus Code: GT09, NV09

Kingsview Middle School

Extended Camp: Damascus CC, Germantown CC, Neelsville MS, Shady Grove MS

Bus Code: DA03, DF05, NV13, SG18

Upper County Community Center

No Extended Camp or Bus

5 Sessions \$140.00

Instructor: Julianna Duda

141840	Upper County CC	8/7	M-F	9:00am-3:00pm
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5 Sessions \$145.00

Instructor: Julianna Duda

142040	Damascus CC	7/24	M-F	9:00am-3:30pm
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142039	Kingsview MS	7/31	M-F	9:00am-3:30pm
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Challenger Space & Rocketry

Grades K-6: Challenger combines sports, space science and computer technology into a program that focuses on developing teambuilding skills. It is designed to demonstrate the role that a cooperative effort plays in scientific endeavors, in everyday life, and on the sports field. It provides the chance to build and launch a model rocket this summer. Since we introduce a new space science activity each week, children may register for as many exciting weeks as they wish! See page 53 for Extended Camp and Busing.

Extended Camp: Cabin John MS

Bus Code: PT14

4 Sessions \$156.00

Instructor: CTI Kids-Coach Doug

143352	Cabin John MS	7/3	M,W,Th,F	9:00am-3:30pm
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5 Sessions \$195.00

Instructor: CTI Kids-Coach Doug

143357	Cabin John MS	6/19	M-F	9:00am-3:30pm
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143351	Cabin John MS	6/26	M-F	9:00am-3:30pm
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143353	Cabin John MS	7/10	M-F	9:00am-3:30pm
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143354	Cabin John MS	7/17	M-F	9:00am-3:30pm
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143355	Cabin John MS	7/24	M-F	9:00am-3:30pm
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143356	Cabin John MS	7/31	M-F	9:00am-3:30pm
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143374	Cabin John MS	8/7	M-F	9:00am-3:30pm
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Global Kidz Connections

Ages 5-9: This fun-filled Diversity Camp celebrates cultures and traditions from around the world. Offers opportunities for personal growth, self-discovery, friendship and fun, featuring art that includes crafts, music and dance from all over the globe, sports and games played in other countries, and special events and themed activities that celebrate ethnicity. The camp atmosphere fosters differences and similarities in an environment that welcomes diversity, play and accomplishment. Please bring a bag lunch. **Programs will not meet on Tuesday, July 4.**

4 Sessions \$128.00

Instructor: Monika Utrecht

142843	King, Martin Luther MS	7/3	M-F	9:00am-3:30pm
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143389	Bells Mill ES	7/3	M-F	9:00am-3:30pm
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5 Sessions \$160.00

Instructor: Monika Utrecht

142842	King, Martin Luther MS	6/19	M-F	9:00am-3:30pm
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143388	Bells Mill ES	6/19	M-F	9:00am-3:30pm
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143039	King, Martin Luther MS	6/26	M-F	9:00am-3:30pm
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143391	Bells Mill ES	6/26	M-F	9:00am-3:30pm
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143040	King, Martin Luther MS	7/10	M-F	9:00am-3:30pm
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143394	Bells Mill ES	7/10	M-F	9:00am-3:30pm
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142844	King, Martin Luther MS	7/17	M-F	9:00am-3:30pm
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143393	Bells Mill ES	7/17	M-F	9:00am-3:30pm
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143041	King, Martin Luther MS	7/24	M-F	9:00am-3:30pm
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143390	Bells Mill ES	7/24	M-F	9:00am-3:30pm
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142845	King, Martin Luther MS	7/31	M-F	9:00am-3:30pm
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143392	Bells Mill ES	7/31	M-F	9:00am-3:30pm
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Global Kidz Connections Extended Hours

Children registered in Global Kidz may register for morning and/or afternoon extended hours, offering supervised free choice and informal recreation activities.

4 Sessions \$16.00

Instructor: Monika Utrecht

143440	King, Martin Luther MS	7/3	M-F	7:00am-9:00am
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143490	Bells Mill ES	7/3	M-F	7:00am-9:00am
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4 Sessions \$27.00

Instructor: Monika Utrecht

143448	King, Martin Luther MS	7/3	M-F	3:30pm-6:00pm
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143497	Bells Mill ES	7/3	M-F	3:30pm-6:00pm
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5 Sessions \$20.00

Instructor: Monika Utrecht

143439	King, Martin Luther MS	6/19	M-F	7:00am-9:00am
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143488	Bells Mill ES	6/19	M-F	7:00am-9:00am
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143441	King, Martin Luther MS	6/26	M-F	7:00am-9:00am
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143489	Bells Mill ES	6/26	M-F	7:00am-9:00am
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143442	King, Martin Luther MS	7/10	M-F	7:00am-9:00am
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143491	Bells Mill ES	7/10	M-F	7:00am-9:00am
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143443	King, Martin Luther MS	7/17	M-F	7:00am-9:00am
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143492	Bells Mill ES	7/17	M-F	7:00am-9:00am
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143444	King, Martin Luther MS	7/24	M-F	7:00am-9:00am
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143493	Bells Mill ES	7/24	M-F	7:00am-9:00am
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143445	King, Martin Luther MS	7/31	M-F	7:00am-9:00am
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143494	Bells Mill ES	7/31	M-F	7:00am-9:00am
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5 Sessions \$33.00

Instructor: Monika Utrecht

143446	King, Martin Luther MS	6/19	M-F	3:30pm-6:00pm
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143495	Bells Mill ES	6/19	M-F	3:30pm-6:00pm
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143447	King, Martin Luther MS	6/26	M-F	3:30pm-6:00pm
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143496	Bells Mill ES	6/26	M-F	3:30pm-6:00pm
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143449	King, Martin Luther MS	7/10	M-F	3:30pm-6:00pm
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143498	Bells Mill ES	7/10	M-F	3:30pm-6:00pm
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143450	King, Martin Luther MS	7/17	M-F	3:30pm-6:00pm
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143499	Bells Mill ES	7/17	M-F	3:30pm-6:00pm
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143451	King, Martin Luther MS	7/24	M-F	3:30pm-6:00pm
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143500	Bells Mill ES	7/24	M-F	3:30pm-6:00pm
143452	King, Martin Luther MS	7/31	M-F	3:30pm-6:00pm
143501	Bells Mill ES	7/31	M-F	3:30pm-6:00pm

Kids, Keys 'n Sports

Grades K-6: Wow! A summer program that provides exercise for your child's body as well as his/her mind! It's two important lifetime skills combined into one fantastic location! Practice computer keyboarding and touch type skills, then take a break and practice sports skills. The keyboarding program is self paced, entertaining and designed to help kids learn and improve their skills. Sports vary daily and weekly and may include instruction in soccer, hockey, basketball, lacrosse and more! All play, both keyboarding and sports, occurs in a non-competitive environment stressing teamwork, skill enhancement and cooperation strategies. It's a win-win situation for everyone! See page 53 for Extended Camp and Busing.

Programs will not meet on Tuesday, July 4.

Extended Camp: Cabin John MS
Bus Code: PT14

4 Sessions **\$156.00**

Instructor: CTI Kids-Coach Doug

143345	Cabin John MS	7/3	M-F	9:00am-3:30pm
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5 Sessions **\$195.00**

Instructor: CTI Kids-Coach Doug

143288	Cabin John MS	6/19	M-F	9:00am-3:30pm
143344	Cabin John MS	6/26	M-F	9:00am-3:30pm
143346	Cabin John MS	7/10	M-F	9:00am-3:30pm
143347	Cabin John MS	7/17	M-F	9:00am-3:30pm
143348	Cabin John MS	7/24	M-F	9:00am-3:30pm
143349	Cabin John MS	7/31	M-F	9:00am-3:30pm
143375	Cabin John MS	8/7	M-F	9:00am-3:30pm



Mystery Academy: Magical Summer

Give 'em the old razzle dazzle and an adventure that will make their summer one to remember! Fascinating feats of magic, grand games, artistic amusement, spectacular special events and more await each camper. Ladies and Gentlemen will be exposed to a variety of magic tricks with emphasis on dramatic and comedic presentations. To accentuate the art of this craft, campers will make props such as hats and wands. A guest magician will provide an opportunity for campers to observe different tricks and performing styles. Before the final curtain, campers will participate in a magic show and perform a trick that they mastered.

5 Sessions **\$120.00**

Instructor: Christopher McCauley Bowers

141751	Bethesda ES	7/10	M-F	12:00pm-3:30pm
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Club Holiday Endless Summer

Ages 3-12: Looking to extend your day? See Club Holiday Extended Day-Su, for morning and afternoon fun at a reasonable price. See end of this description for course #'s. Here's an exciting opportunity to enjoy age appropriate sports, games, arts and crafts and more in this supercharged environment. The Club will feature organized activities as well as time for participants to engage in activities based on their own interests. Sports include soccer, basketball, hockey and others. In addition, there will be games and non-competitive activities designed for everyone's enjoyment. Special events and surprises will heighten the fun. It's a great way to wind down at the end of summer, making it an endless summer for all! Bring a bag lunch. Price includes all materials. Note: Little Skippers ages 3-5 will rotate through age appropriate activities and may only register for the half-day session. For more information, call 301-983-2690.

5 Sessions **\$98.00**

Instructor: CTI Kids-Coach Doug

142794	Germantown CC	8/7	M-F	9:30am-12:30pm
142797	Bauer Drive CC	8/14	M-F	9:30am-12:30pm
142798	Potomac CC	8/21	M-F	9:30am-12:30pm

5 Sessions **\$158.00**

Instructor: CTI Kids-Coach Doug

142795	Germantown CC	8/7	M-F	9:30am-3:30pm
142796	Bauer Drive CC	8/14	M-F	9:30am-3:30pm
142799	Potomac CC	8/21	M-F	9:30am-3:30pm

Club Holiday Extended Day-Summer

Children registered for Club Holiday, are eligible to register for an extended day program for an additional fee. The extended program provides supervised informal recreational activities for participants before and after Club Holiday. Half day participants are eligible for AM sessions only. For more information go to ctikids.com.

5 Sessions **\$26.00**

Instructor: CTI Kids-Coach Doug

142800	Germantown CC	8/7	M-F	7:30am-9:30am
142802	Bauer Drive CC	8/14	M-F	7:30am-9:30am
142804	Potomac CC	8/21	M-F	7:30am-9:30am

5 Sessions **\$31.00**

Instructor: CTI Kids-Coach Doug

142801	Germantown CC	8/7	M-F	3:30pm-6:00pm
142803	Bauer Drive CC	8/14	M-F	3:30pm-6:00pm
142805	Potomac CC	8/21	M-F	3:30pm-6:00pm

Sports Instruction and More

In-Line Clinics

Here's your chance to learn cutting edge skating techniques. Whichever clinic you choose, bring water and a snack in a labeled cooler. No indoor space is available. In the event of inclement weather, cancellations are announced by 7:30am on 703-803-7100. Players must be picked up when electrical storms or heavy rain cancels the program. Time is made up by extending the session each day by thirty minutes. See page 53 for Extended Camp and Busing. **Programs will not meet on Tuesday, July 4.**

Cabin John Regional Park

No Extended Camp or Bus

Greenwood ES

Extended Camp: Bauer Drive CC, Longwood CC
Bus Code: BD01, LW01

Potomac Community Center

Extended Camp: Potomac CC, Cabin John MS
Bus Code: CJ02

Ridge Road Recreational Park

Not Extended Camp or Bus



In-Line Skating Clinics

Ages 6-13: Skate, stop, turn and go are the basic roller hockey skills for beginners that will be taught in this in-line skating clinic. Instruction will include techniques such as gearing up, how to avoid falling down, skating forward and backward, and stopping and turning. Participants will also learn about equipment maintenance and safety checks, and they will participate in skating games, tours and more. The following required equipment must be provided by the participant: in-line skates, helmet designed for biking or in-line skating, wrist guards, elbow and knee pads.

4 Sessions **\$162.00**

Instructor: American In-Line Skating
141447 Cabin John RP 7/3 M-F 9:00am-12:30pm

5 Sessions **\$201.00**

Instructor: American In-Line Skating
141446 Potomac CC 6/19 M-F 9:00am-12:30pm
141448 Ridge Road RP 6/26 M-F 9:00am-12:30pm
141449 Greenwood ES 7/31 M-F 9:00am-12:30pm

In-Line Hockey Clinics

Ages 6-13: This co-ed roller hockey clinic is designed for beginner through advanced players with some in-line skating experience. It includes safety instruction and skate maintenance, as well as instruction in skating fundamentals: balance, stopping, skating backward, hockey turns, puck work, stick handling, passing, face-offs, breakouts, line changes, game format, team and positional play, goal tender skills, and non-contact controlled scrimmages. There is also a mini tournament on the last day. A no checking policy is emphasized. Required equipment: in-line skates, helmet with full face protection, gloves designed for roller hockey or lacrosse, knee/shin and elbow pads.

5 Sessions **\$201.00**

Instructor: American In-Line Skating
141595 Potomac CC 6/26 M-F 9:00am-12:30pm
141597 Ridge Road RP 6/26 M-F 9:00am-12:30pm
141596 Potomac CC 7/17 M-F 9:00am-12:30pm

Skateboard & Advanced In-Line Clinic

Ages 8-13: Learn to ollie, kick flip, grind, stall and get air at this skateboard clinic held in a mobile, mini skate park designed for the every day skater. The clinic includes instruction in 2 foot mini half, fun box, grind box, fly box, launch and kicker ramp, rails and more. Required equipment: Skate board or aggressive in-line skates with grind plates and H block, helmet designed for skateboarding, wrist guards, elbow and knee pads.

4 Sessions **\$162.00**

Instructor: American In-Line Skating
141463 Cabin John RP 7/3 M,W,Th,F 9:00am-12:30pm

5 Sessions **\$201.00**

Instructor: American In-Line Skating
141462 Potomac CC 6/19 M-F 9:00am-12:30pm
141465 Ridge Road RP 6/26 M-F 9:00am-12:30pm
141464 Greenwood ES 7/31 M-F 9:00am-12:30pm



Fencing School

Ages 7-16: Introduction to fencing. This two-week program will emphasize agility, coordination, and basic foil techniques. \$30 material fee payable to the instructor at the first class. Equipment provided: foil, mask and jacket. **Programs will not meet on Tuesday, July 4.**

9 Sessions **\$142.00**

Instructor: Gitty Mohebban
141760 Wood MS 7/3 M-F 3:45pm-5:45pm
141757 Matsunaga ES 7/3 M-F 10:00am-12:00pm

10 Sessions **\$79.00**

Instructor: Gitty Mohebban
141764 Wood MS 7/31 M-F 3:45pm-5:45pm
141766 Matsunaga ES 7/31 M-F 10:00am-12:00pm

10 Sessions **\$158.00**

Instructor: Gitty Mohebban
141752 Wood MS 6/19 M-F 3:45pm-5:45pm
141756 Matsunaga ES 6/19 M-F 10:00am-12:00pm
141761 Matsunaga ES 7/17 M-F 10:00am-12:00pm
141762 Wood MS 7/17 M-F 3:45pm-5:45pm

Philbin's Track, Speed Agility & Strength

Ages 9-18: This program will focus on increasing sprint speed, athletic agility and power development. Emphasis will be placed on the start, acceleration/deceleration, change in direction, transition, maximum speed and velocity and building sports specific strength endurance. Proper bio-mechanics in sprinting taught. Questions call 301-527-0500 or email at: kmorris@PhilbinsATC.com

5 Sessions **\$148.00**

Instructor: Philbin's Athletic Training Center
142088 Philbin's Athletic TrC 6/26 M-F 6:00pm-7:30pm
142089 Philbin's Athletic TrC 7/31 M-F 6:00pm-7:30pm

Volleyball Clinics Mid-Atlantic

Ages 11-14: Geared to all ability levels, here is a fun and competitive program for middle school students to learn the skills and strategies of the game from experienced coaches. This clinic enhances individual skills, prepares players for high school competition, and develops a greater enjoyment of this lifetime sport.

5 Sessions **\$104.00**

Instructor: Mid Atlantic Volleyball
142822 Gaithersburg MS 7/10 M-F 9:00am-12:00pm



THE SPORTS



Youth Sports

A variety of sports leagues and clinics for youth and teens are offered on a year round, countywide basis. Competitive levels exist for beginner and intermediate players.

Youth sports registration occurs on an individual or pre-formed team basis via flyers distributed quarterly through the schools. Volunteers are used to coach and implement these programs. The National Youth Sports Coaches' Association certification program is offered by the Department. Interested adults may call for coaching information.

SUMMER

Sports classes listed on pages 60 and 61.

SPRING

Registration begins in March. League play begins mid to late April.

Baseball-Youth grades 4-9	10 Game Season
Machine Pitch Baseball-Youth grades 2-3	10 Game season
Tball-Youth grades K-1	6 Sessions
Slow Pitch Softball-Girls grades 3-12	10 Game Season
Fast Pitch Softball-Girls grades 7-8	10 Game Season
Field Hockey-Girls grades 4-8	8 Week Season
Soccer-Instructional Clinics grades K-5	6-8 Sessions
Basketball Clinics grades K-5	8 Sessions
Lacrosse Clinics grades 2-5	8 Sessions

FALL

Registration begins in August. League Play begins late September.

Basketball-Youth grades 5-8	6 Game Season
Field Hockey-Girls grades 4-9	6-8 Game Season
Flag Football-Youth grades 2-8	7 Game Season
Fast Pitch Softball-Girls grades 7-8	6 Game Season
Slow Pitch Softball-Girls grades 3-8	6 Game Season
Soccer-Instructional grades K-4	6 Sessions

WINTER

Registration begins in October. League play begins January.

Basketball-Youth grades 3-8	8 Game Season
Instructional Basketball (grades 1-2)	8 Sessions
Indoor Soccer	8 Sessions

Like Sports!

Call 240-777-6965

MCRD is now hiring youth sports referees. Games on Saturday and/or Sunday. Training in Rockville from 7:00-9:00pm on Thursdays June 29, July 6, July 13 and July 20, 2006.

National Youth Sports Coaches' Association (NYSCA) certification program

We need volunteer coaches for youth basketball, flag football, baseball and softball.

This certification training will prepare you to coach and upon completion provide secondary liability insurance.

Contact Corky McCorkle at 240-777-6961 for clinic schedule.



PAGES



Competitive Sports

A variety of sport leagues for youth, teens, adults and seniors are offered on a year-round, countywide basis.

Adult Leagues: Register by team only. Include Men's, Women's, and Co-Rec divisions. Contact the Team office at 240-777-6961 or visit our web site www.montgomerycountymd.gov/rec to obtain current information and a registration form. **Do not use the form in this publication.** Information and registration materials for adult leagues may be obtained 2 months before the beginning of seasonal league play. Individuals seeking a team placement may call and be added to a list distributed to team managers.

Senior Adult* Sports (age 50 and up): Call Jim Ganz with Montgomery County Senior Sports Association at 301-236-9130.

SUMMER

Team Registration for Basketball in April and Softball in May

Basketball-Adult, High School Varsity, JV, and Rising Star (grades 6-8)

Softball-Men's, Women's, and Co-Rec

Softball-High School Fast Pitch

Preview of Other Sports by Season:

FALL

Team Registration in July. League Play begins in September except for Softball which begins in August.

Basketball-High School Varsity, and JV

Flag Football-Co-Rec

Touch Football-Men's

Kickball-Co-Rec, Informal and Competitive

Soccer-Men's, Women's, and Co-Rec

Softball-Men's, Women's, and Co-Rec

Volleyball-Men's, Women's and Co-Rec

WINTER

Team Registration in October. League Play begins in December for Senior Adult, Adult and High School and January for Rising Star.

Basketball-Senior Adult and Adult

Basketball-High School Recreation

Rising Star Basketball (grades 6-8)

Volleyball Clinics-Adult

SPRING

Team Registration in February. League play begins in April.

Kickball-Co-Rec

Soccer-Men's, Women's and Co-Rec

Softball-*Senior Adult, Men's Women's, and Co-Rec

Volleyball-Men's, Women's, and Co-Rec

Flag Football-Co-Rec

Touch Football-Men's





MD Sports Summer Basketball Clinic

Ages 6-16: Join us for an exciting sports experience where fun and learning never stop. Every camper will receive a T-shirt, evaluation report and workout program to continue after the camp. Campers will be put on teams according to their age and skill level. Games will be played daily. Skills emphasized: shooting, ball handling, 1 on 1 moves, post moves, using and setting screens, pick and roll play, and team concepts. Campers should provide their own nonperishable lunch and drinks.

4 Sessions **\$195.00**

Instructor: Jazz Perazic's MD Sports
151696 Bethesda-Chevy Ch HS 7/3 M,W,Th,F 9:00am-4:00pm

5 Sessions **\$240.00**

Instructor: Jazz Perazic's MD Sports
151694 Bethesda-Chevy Ch HS (6/19 M-F 9:00am-4:00pm
151695 Bethesda-Chevy Ch HS (6/26 M-F 9:00am-4:00pm
151697 Bethesda-Chevy Ch HS (7/10 M-F 9:00am-4:00pm
151698 Bethesda-Chevy Ch HS (7/17 M-F 9:00am-4:00pm
151699 Bethesda-Chevy Ch HS (7/24 M-F 9:00am-4:00pm

One-on-One Basketball Clinic

Ages 9-16: Directed by enthusiastic and experienced coaches; boys and girls of all ability levels are welcome. Clinic will highlight a new skill or fundamental technique and development of all other skills and techniques through fun drills and instruction. Includes instruction in ball handling, fast break situations, passing, shooting, dribbling, rebounding, individual moves and fun skill enhancing drills. Participants should wear non-marking sneakers or tennis shoes.

4 Sessions **\$83.00**

Instructor: Inc One on One Basketball
143594 Seneca Valley HS 7/3 M,W,Th,F 3:00pm-5:00pm

5 Sessions **\$103.00**

Instructor: Inc One on One Basketball
143592 Seneca Valley HS 6/19 M-F 3:00pm-5:00pm
143593 Seneca Valley HS 6/26 M-F 3:00pm-5:00pm
143595 Seneca Valley HS 7/10 M-F 3:30pm-5:30pm
143588 White Oak MS 7/17 M-F 3:30pm-5:30pm
143589 White Oak MS 7/24 M-F 3:30pm-5:30pm
143590 White Oak MS 7/31 M-F 3:30pm-5:30pm
143591 White Oak MS 8/7 M-F 3:30pm-5:30pm

Baseball Camps by Bases Loaded

Ages 6-13: What a summer opportunity for young players to work on skills such as hitting, pitching, fielding, base running and much more! Combine trained staff with cutting-edge equipment and the use of innovative drills, stations, games each day and you get the perfect formula for success. All ability levels are invited to attend as we focus on instruction. Players receive a camp T-shirt and should bring their own glove, bag lunch, and water cooler.

4 Sessions **\$152.00**

Instructor: Duane Rhine
142790 South Germantown RP 6/26 M-Th 9:00am-1:00pm
142791 Bauer Drive C 7/24 M-Th 9:00am-1:00pm



Softball Camp by Softball U.S.A.

Ages 6-13: Softball USA summer camps teach the proper techniques of hitting, fielding, base running, and windmill or modified pitching mechanics. Innovative equipment is available. Trained and certified staff teach the USA way to play. Each player receives a camp T-shirt and is responsible for bringing a softball glove and lunch. Instructor: Bases Loaded Baseball

4 Sessions **\$152.00**

Instructor: Duane Rhine
143038 South Germantown RP 6/26 M-Th 9:00am-1:00pm



Football Clinic

Ages 7-14: Coaches use a variety of defensive and offensive drills to introduce and expand on the basics of tackle football. Participants concentrate on improving fundamentals including blocking, tackling and offensive skills. Instructor: Bob Windsor

Participants should bring water in an unbreakable container, and wear comfortable clothes appropriate for the weather (cleats are recommended but are not required; mouthpiece is optional).

5 Sessions **\$201.00**

Instructor: Bob Windsor
142806 White Oak MS 7/17 M-F 8:30am-3:30pm



Montgomery County
RECREATION
DEPARTMENT



The mission of the Montgomery County Department of Recreation is to provide high quality, diverse and accessible programs, services and facilities that enhance the quality of life for all ages, cultures, and abilities.



MVP Soccer Camps

Ages 6-14: MVP Soccer invites teams and individual boys and girls of varied skill and ability levels to improve techniques and knowledge of the game. The camp is designed and directed by licensed coaches with years of successful coaching and playing experience. A fun learning environment is provided that emphasizes frequency of touches on the ball and groups participants by age and ability. Meet professional players and win prizes for individual and group achievements. Everyone receives a camp T-shirt and soccer ball. Bring your own ball, cleats, shin guards, and water.

Director: Ellis Pierre

5 Sessions \$230.00

Instructor:

Spectrum Associates Inc

143358	Luxmanor LP	6/26	M-F	9:00am-3:00pm
143360	Layhill LP	7/17	M-F	9:00am-3:00pm
143361	Northwest HS	7/24	M-F	9:00am-3:00pm
143363	Luxmanor LP	7/31	M-F	9:00am-3:00pm



MVP Soccer Camp for Girls

Ages 6-16: MVP Soccer presents a camp designed specifically for the female soccer player. This camp is staffed primarily by female coaches who have played on the local, national and international level. Players get the opportunity to interact with, and learn from, women who are shaping the future of soccer for the American girl. Players also get the chance to view championship medals up close and talk with professional women soccer players. Bring your own ball, shin guards, cleats, water and lunch.

5 Sessions

\$230.00

Instructor: Spectrum Associates Inc

143373 Luxmanor LP 7/10 M-F 9:00am-3:00pm

UK Elite Soccer Full Day Clinic

Ages 7-14: Welcome to a fun environment which stimulates learning, developing, practicing and polishing soccer skills. This international curriculum includes age specific training based on ability levels which utilize maximum activity and highly stimulating practices and games. The focus is creating a fun learning environment in which children learn and improve their skills. Instruction is provided by professional British coaches and teachers. All participants receive a t shirt, a Rebok soccer ball and an evaluation from a trainer.

5 Sessions

\$275.00

Instructor: Matthew Fletcher (U.K.Elite Soccer)

143800	Fairland ES	6/26	M-F	9:00am-3:00pm
144488	Burning Tree ES	6/26	M-F	9:00am-3:00pm
144489	Flower Hill ES	6/26	M-F	9:00am-3:00pm
144490	Baker, John T. MS	6/26	M-F	9:00am-3:00pm
143801	Fairland ES	7/10	M-F	9:00am-3:00pm
144491	Burning Tree ES	7/10	M-F	9:00am-3:00pm
144492	Flower Hill ES	7/10	M-F	9:00am-3:00pm
144493	Baker, John T. MS	7/10	M-F	9:00am-3:00pm
143802	Greenwood ES	8/7	M-F	9:00am-3:00pm
143803	Gwendolyn Coffield CC	8/21	M-F	9:00am-3:00pm

UK Elite Soccer Half Day Clinic

Ages 5-14: Welcome to a fun environment which stimulates learning, developing, practicing and polishing soccer skills. This international curriculum includes age specific training based on ability levels which utilize maximum activity and highly stimulating practices and games. The focus is creating a fun learning environment in which children learn and improve their skills. Instruction is provided by professional British coaches and teachers. All participants receive a t shirt, a Rebok soccer ball and an evaluation by a trainer.

5 Sessions

\$175.00

Instructor: Matthew Fletcher (U.K.Elite Soccer)

143796	Fairland ES	6/26	M-F	9:00am-12:00pm
144438	Burning Tree ES	6/26	M-F	9:00am-12:00pm
144440	Flower Hill ES	6/26	M-F	9:00am-12:00pm
144439	Baker, John T. MS	6/26	M-F	9:00am-12:00pm
143797	Fairland ES	7/10	M-F	9:00am-12:00pm
144442	Burning Tree ES	7/10	M-F	9:00am-12:00pm
144441	Flower Hill ES	7/10	M-F	9:00am-12:00pm
144443	Baker, John T. MS	7/10	M-F	9:00am-12:00pm
143798	Greenwood ES	8/7	M-F	9:00am-12:00pm
143799	Gwendolyn Coffield CC	8/21	M-F	9:00am-12:00pm



**Fast, easy online registration
with RecWeb at
montgomerycountymd.gov/rec**

TEEN

Summer Teen Centers

Summer Teen Centers for youth ages 13-16 feature a variety of daily activities including sports, music, arts and crafts projects, music, games, swimming and more! We are offering four, one-week sessions at two locations, Kingsview Middle School and Newport Mill Middle School. Weekly sessions are just \$50 and begin Tuesday, July 5. Hours are from 9:00am-3:30pm. For registration information, please call the Affiliated Teens office.

Under-21 County-wide Pool Parties

Exciting events are being planned for the summer! Come join the fun at one or all of our annual summer pool parties. All Montgomery County Middle and High School teens are welcome to come cool off during the hot summer months. For just \$3.00, teens can swim, play games, and listen to a deejay play their favorite music. School ID is required for admission. For more information, please call the Affiliated Teens office.

Friday, July 7 8:30-11:00pm Wheaton/
Glenmont Pool, 12621 Dalewood Drive,
Wheaton

Friday, July 14 8:30-11:00pm Germantown
Pool, 18905 Kingsview Road, Germantown

Friday, July 21 8:30-11:00pm Martin Luther
King Outdoor Pool, 1201 Jackson Road,
Silver Spring

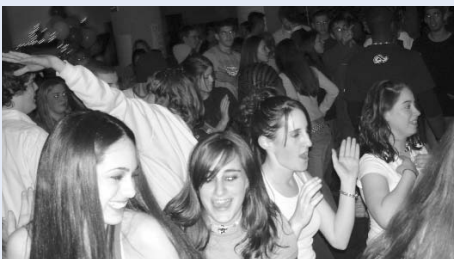
Friday, July 28 8:30-11:00pm Western County
Pool, 20151 Fisher Avenue, Poolesville

County-wide Special Events

Summer Teen Concerts-Rock Your Library!

Teen Summer Concert Series Enjoy the great music of the local teen bands.

Thursdays, July 6, July 13, July 20 and July 27.



Aspen Hill Community Library
4407 Aspen Hill Road
Rockville, Maryland

Cosponsored by the Montgomery County Public Libraries, Montgomery County Police, Youth Advisory Committee and Montgomery County Department of Recreation.

Teen Volunteer Opportunities

The Department of Recreation is always looking for teen volunteers 14 and older to make a difference in our county. Volunteers will receive student service learning hours for their service in our programs. Please call 240-777-6985 for more information and applications.

BIG BUDDY

The Big Buddy/Little Buddy Mentoring Program pairs Montgomery County high school students with homeless children. For three hours a week, the buddies form a unique bond by playing games, reading together, playing sports, and just being friends. Once a month, the buddies as a group participate in a recreational, educational, community service and/or social event such as Adventure World, Seneca Creek State Park, or beautifying a neighborhood. There are two sessions, October through March and January through June.

Youth Advisory Committee

Applications for the Youth Advisory Committee (YAC) are available to any Montgomery County middle and high school students who wish to make a difference. YAC is appointed by the County Executive and takes action on recommendations from its peers to improve the quality of life for Montgomery County youth. YAC meets weekly on Tuesday nights from September through June. For more information, call the Affiliated office. Applications are accepted in the Spring for the following school year.

K.E.E.N. CLUB

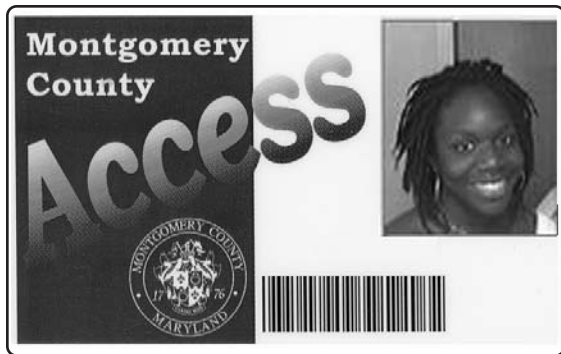
Kids Enjoy Exercise Now pairs Montgomery County high school students with high school students with disabilities, forming partnerships through playing sports. The program meets every other Sunday throughout the academic year to play team oriented sports such as soccer, basketball, and swimming.

We're Online!

For the latest information, schedules or brochures on any of these activities please call the Affiliated Team at 240-777-6985 or check out our web page at www.montgomerycountymd.gov/rec.



ACTIVITIES



I've got mine...

Do you have your ACCESS Card, yet? You will need an ACCESS Card to participate in all these great teen programs. You can sign up for your free Access Card at any Recreation pool, community center, or senior center. It takes only a few minutes—fill out a form (parental signature required), take it to any Recreation facility, get your picture taken, and your photo card is printed on the spot. That's all it takes!

For more information call 240-777-6820 or go to www.montgomerycountymd.gov/rec

Summer 2006 Teen Travel Club



For Incoming 7th-10th Graders

Have fun in the sun at Rehoboth Beach. Challenge yourself on a ropes course. Enjoy Six Flags and Kings Dominion. Go tubing or white water rafting. Cool down at a local waterpark. Each 1-week session offers different activities beginning on July 3, 10, 17 and 24.

Hours: 8:30 am-5:00 pm (with Thursdays extended to end about 9:00 pm)

Cost: \$210 for the week of 7/3-7/7
(It's a short week due to the holiday)
\$260/week for the rest of the weeks

Tentative Schedule and Bus Stops:

Week 1: July 3-7

(no program on July 4)

Bus stops: East County CC: #144088
Shady Grove MS: #144089

Calleva (ropes course), Cascade Lake, Kings Dominion, Manassas Water Park

Week 2: July 10-14

Bus stops: Olney Manor Pool: #144090
Tilden MS: #144091

Calleva (ropes course), Tubing on Antietam Creek, Adventure Park USA, Rehoboth Beach, Six Flags

Week 3: July 17-21

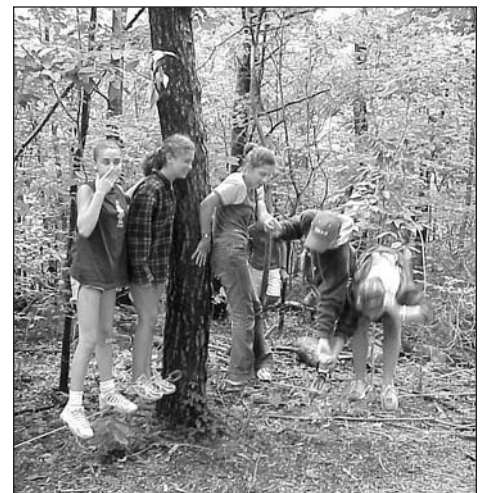
Bus stops: Sligo MS: #144094
Germantown CC: #144093

Calleva (ropes course), All Star Events Complex, Cascade Lake, Hershey Park, Manassas Water Park

Week 4: July 24-28

Bus stops: Wood MS: #144092
Potomac CC: #144095

Calleva (ropes course), White water rafting, Adventure Park USA, Rehoboth Beach, Six Flags



Why not join us for more than one session this summer?

Scheduled activities and bus stops may change due to circumstances beyond our control.

Teen Travel Club Information: Call 240-777-6978 or 240-777-4930

SENIORS-55 AND



Seth Kibel performs at Holiday Park Senior Center program

Visit a Senior Center, a Neighborhood Senior Program, and/or take a SOAR Trip with us this Summer.

Welcome to Senior Programs where you can find an exciting menu of programs, special events, trips, classes and opportunities for growth and life enhancement. Let doors open to a variety of experiences and friendships. Each program is unique.

Senior Centers

Damascus Senior Center * +
(M-F, 9:00am-4:00pm)
9701 Main Street, Damascus
240-777-6995

Gaithersburg Upcounty Senior Center * +
(M-F, 9:30am-4:00pm, Tu, 9:00am-8:00pm)
80A Bureau Drive, Gaithersburg
301-258-6380

Sponsored by the City of Gaithersburg with support from Montgomery County.

Holiday Park Senior Center * +
(M-F, 9:00am-4:00pm)
3950 Ferrara Drive, Wheaton
301-468-4448

Long Branch Senior Center * +
(M-F, 10:00am-2:00pm)
Long Branch Community Center
8700 Piney Branch Road, Silver Spring
301-431-5708

Margaret Schweinhaut Senior Center * +
(M-F, 9:00am-4:00pm, Sat, 10:00am-3:00pm)
1000 Forest Glen Road, Silver Spring
301-681-1255

Neighborhood Senior Programs

If no phone number is listed, call the Senior Programs office at 301-468-4540.

Clara Barton Seniors (W 10:00am-2:00pm)
Clara Barton Community Center,
7425 MacArthur Boulevard, Cabin John

Bauer Drive Seniors (M 10:00am-2:00pm)
Bauer Drive Community Center,
14625 Bauer Drive, Rockville

Ross Boddy Seniors * + (W, Th, 9:30am-2:00pm)
Ross Boddy Community Center,
18529 Brooke Road, Sandy Spring

Clarksburg Seniors
(W 10:00am-2:00pm)
Clarksburg Recreation Center,
Route 355 at 22501 Wims Road,
Clarksburg

Coffield Seniors
(W, Th, 10:00am-2:00pm)
Coffield Community Center,
2450 Lyttonville Road, Silver Spring
240-777-4900

Wednesday Program is a partnership of the Jewish Community Center and the Department of Recreation. Lunch available for Wednesday program only, call 301-230-3751 for reservations.

East County Seniors * +
(Tu, F, 10:00am-2:00pm)
East County Community Center,
3310 Gateshead Manor Way, Silver Spring
301-572-7004

Fairland Seniors* (Th 10:00am-2:00pm)
Fairland Community Recreation Center,
14906 Old Columbia Pike, Burtonsville
240-777-4970

Germantown Seniors * +
(M, Th, 10:00am-2:00pm)
Germantown Community Center,
18905 Kingsview Road, Germantown
301-601-1685

Evergreen Senior Program
(Tu, W, F, 9:00am-4:00pm)
Germantown Community Center
301-601-1685

A partnership of the Chinese Culture and Community Service Center, Inc. and the Department of Recreation.

Longwood Seniors (M 10:00am-2:00pm)
Longwood Community Center,
19300 Georgia Avenue, Brookeville

Owens Park Seniors +
(W, 10:00am-2:00pm)
Owens Park Recreation Center
19900 Beallsville Road, Beallsville
301-428-8127

Potomac Seniors + (Tu 10:00am-2:00pm)
Potomac Community Center,
11315 Falls Road, Potomac

Waverly House Seniors *
(W, Th 10:00am-2:00pm)
Waverly House Apartments
4521 East West Highway, Bethesda

* Nutrition lunch program available
+ Limited transportation available

Seniors Today!

Watch *Seniors Today*, a program for and about seniors produced by the Commission on Aging.

Tune in to Cable Montgomery Channel 6
Sundays 3:30pm,
Mondays 9:30am,
Tuesdays 1:30pm,
Wednesdays 8:30pm,
Thursdays 12:30pm,
Fridays 7:30pm, or
Saturdays 11:30am.

FORWARD THINKING

Special Activities and Events

Holiday Park Multiservice Senior Center

New For Your Dancing Pleasure Your time to swing, sway and dance the evening away. July 5, August 2, and September 6 from 6:30 to 8:30pm. Refreshments at break. \$6.00 at the door/\$5.00 w/HPSI Card.

Dance Club Fridays from 1:15pm to 3:15pm. Join the crowd as they swing, rumba, cha-cha, tango, boogie and more to the sounds of Montgomery County's favorite dance music. July 7, 14, August 11 and 18. Refreshments served. \$4.00 at door.

Independence Day Celebration Monday, July 3, 1:15pm. The Night & Day Band presents a patriotic montage of music to commemorate America's special day. Free.

Washington, DC Monuments -Wednesday, July 5, 1:15pm. A Slide Travelogue by Roger Langsdorf. Sit back and enjoy the beautiful monuments that are so much apart of Washington, DC's cityscape. Free.

American Composers Popular and Classical Monday, July 10, 1:15pm.

Pianist, Andy Zatman plays the wonderful music of Bernstein, Copland, Gershwin and many more American based composers. An afternoon of sheer musical delight. Free.

Songs from The Great American Song Book Friday, July 21, 1:15pm. Presented by Singer Guitarist Steve Little. Free.

Damascus Senior Center

Ice Cream Social Tuesday June 13, 1:00pm. Sponsored by DSCSI. Free to members.

Native American Museum Trip Thursday, June 15 will allow the Seniors to see the wonderful history of the American Indians. Sponsored by DSCSI.

Musical Variety Show "Summer Time" Tuesday June 27, 1:00pm starring the Damascus Seniors.

Independence Day Luncheon Monday July 3, 12:00pm. Sign up at front desk.

Long Branch Senior Center

Mother's Day Luncheon Friday, May 12, 12:00pm. A special meal and music by June Starke will set the stage for this celebratory event. Reservations required, cost \$3.00.

The Immigrant/Refugee Experience: Sierra Leon and Liberia Thursday, May 25, 12:00pm. Learn firsthand about the immigrant experience from individuals who have come to this country to

seek freedom and a better life. Refreshments served. Registrations required. Free.

Oh My Aching Legs: Varicose Veins Tuesday, June 13, 11:00am. Come hear about treatments that are available for this condition, which affects 60% of all Americans, from an Adventist HealthCare speaker. Free.

Father's Day Picnic Friday, June 16, 12:00pm. Let's play ball! A cookout with all the trimmings and outdoor games. Reservations required. Donation requested.

Kids and Grands Wednesdays in July, 11:00am. Long Branch continues its annual intergenerational activities of music, games and play with the children in the summer program. Free.

Eye Glasses: The Best Shape for You Tuesday, August 8, 11:00am. We all like to look our best, so learn what shapes give you the best frame for your face. Adventist HealthCare sponsors the speaker. Free.

Margaret Schweinhaut Senior Center

Annual Tea Party & Fashion Show Friday, June 9. Senior Center participants in their favorite fashions are the models. Tea and crumpets will be served by the Red Hatters of Merryland (our Center's red hat organization). Limited number of tickets. Sign up begins May 15.

Dance to a Live Band Wednesday, June 14, 1:00pm Six to Swing will entertain you as well as make you want to move. Light refreshments. A small donation is requested.

4th of July Picnic Day Monday, July 3, 11:30am-2:00pm, By reservation only. Enjoy a hot dog, hamburger and all the trimmings as well as fine afternoon of entertainment. Cost: Nutrition Lunch donation for people 60 plus. Seniors under 60, cost is \$4.38.

Ramayana Thursday, July 13, 1:00pm Presented by the Sutradhar Institute of Dance and Related Art. This is a 2000 year old Indian Epic performed by the children of the Institute and directed by renowned artist Nilimma Devi. Free

Street Smarts for Seniors Wednesdays, June 7, July 5, August 2, 10:00am. This series of programs focuses on methods and information that assists seniors with their personal safety. Dr Thomas is a well known and respected speaker on this topic. Free

Can You Hear This: Tinnitus Tuesday, August 22, 10:30am. Do your ears ring? Isn't it annoying! Washington Adventist Hospital presents this health topic. Free.

Start Soaring-It's the thing to do

Awaken the spirit of adventure! Specially designed day trips for the active senior age 55.

Call 301-468-4540 for trip and registration information. You must use the registration procedures and form in the SOAR brochure. All travel is by luxury motorcoach unless otherwise noted.

Mail in registration begins with May 23 postmark.

154854 Boat Tour of Chesapeake Bay Lighthouses Thurs. July 6

Embark from Tilghman Island. Hear a narration of the storied history of the bay and its lighthouses on a 2½ hour boat tour. Coast Guard certified.

Lunch (on own) and sightsee in St. Michaels when not boating.

Fee: \$65 Leave 7:30 am, Return 5:30 pm

154856 Authentic Paddlewheel Riverboat Cruise Thurs. July 13

A New Tour! Out of Fell's Point and around Baltimore's Inner Harbor, with narrations of historic sites. The boat features indoor air-conditioned deck, and a canopied open deck. Lunch, (on own), and sightsee at Inner Harbor.

Fee: \$45 Leave 8:30 am, Return 4:30 pm

154858 Boat Tour of Historic Homes and Mansions Thurs. July 20

A New Tour! Embark from Oxford on a two-hour narrated cruise along the Tred Avon River on a 47 foot custom designed boat with open deck and indoor seating. A crab cake lunch at the Masthead Restaurant is included.

Fee: \$70 Leave 8:00 am, Return 5:00 pm

154861 Boat Trip to Tangier Island on Chesapeake Bay Thurs. July 27

Board the super cruise ship *Steven Thomas* for a relaxing hour and a quarter trip to historic Tangier Island. Lunch included (Option A) or bring your own lunch (Option B). Afterwards, take a stroll around the island.

Fee: Option A: \$75 Option B: \$58 Leave 8:45 am, Return 8:15 pm

154863 Skipjack Boat Tour on Chesapeake Bay Thurs. Aug. 3

Sail on a sloop-rigged skipjack which is used as an oyster dredger during the oyster season and listen to the captain discuss the Bay's ecology and the culture of the waterman. Lunch (on own) and sightsee in St. Michael's.

Fee: \$55 Leave 7:30 am, Return 5:30 pm

154864 James Michener "Chesapeake" Cruise Thurs. Aug. 17

Enjoy a round-trip narrated cruise on the Choptank River from Cambridge MD to Oxford, MD. Your narrator will guide you through the 300 years of "Chesapeake." A crab cake lunch at historic Robert Morris Inn is included.

Fee: \$70 Leave 8:00 am, Return 6:00 pm



154866 Canoe Trip through Jug Bay Wildlife Sanctuary Thurs. Aug. 24

Guided by a Park Naturalist, take a 2-3 hour canoe tour through this 500 acre wildlife sanctuary. For experienced or less experienced* canoeists. Bring a bag lunch. *Indicate on registration form if you are an experienced canoeist. Travel by air-conditioned van.

Fee: \$20 Leave 8:15 am, Return 3:30 pm



154873 Visit Mount Vernon Estate of George Washington Thurs. Aug. 31

Cruise to Mt. Vernon via the Potomac River aboard the *Spirit* Cruise Ship. While cruising, the captain will give a narrated tour. Two hours to explore and tour the Mount Vernon mansion and its gardens on your own (admission included). Lunch (on own) or bring your own lunch.

Fee: \$65 Leave 7:00 am, Return 4:00 pm

154874 Crab-O-Rama on the Eastern Shore Thurs. Sept. 7

Travel to Cambridge, MD where an experienced local Eastern Shore guide will board us on the *Cambridge Lady* for a one-hour narrated cruise. Then take a driving tour of the historic High Street area of Cambridge. Enjoy an Eastern Shore traditional lunch (included). End the day with a guided tour of the J.M. Clayton Crab Processing plant.

Fee: \$62 Leave 7:45 am, Return 5:45 pm

154875 Sailing Trip on *Sultana* in Chestertown MD Thurs. Sept. 14

Sail on *Sultana*, full-scale reproduction of a Royal Navy schooner. Experience life on board ship as it was in the 18th Century. When not sailing, sightsee on your own in Chestertown. Crab cake lunch is included.

Fee: \$75 Leave 7:30 am, Return 5:30 pm



Age 55+ Health and Wellness



Regular Exercise for Free! What a Deal! Increase your chances of aging well.

Did you know that during Long Branch Senior Center hours, Monday-Friday, 10:00am–2:00pm, adults age 55+, who possess an Access Card, can use the weight room equipment at Long Branch Community Center free of charge? Treadmills, stationary bicycles and resistance machines are available to help keep your body in prime condition.

Tai Chi Fridays 9:30–11:00am. Relax while you exercise. Learn the art of gentle, mindful movement while toning muscles and increasing flexibility. Not only will you look better, you will feel better, too. Free class at the Long Branch Senior Center.

Saturday Qi Gong 12:00noon–1:00pm. Get in touch with your inner energy, relax your body, calm your mind, and refresh your heart with this easy to learn, graceful movement class that promotes good health.

Instructor: Mike Kornely. Free class at the Margaret Schweinhaut Senior Center.

Tap Dance Mondays 10:30am–12:00noon and 12:00–1:15pm. All levels welcome from beginners to advanced at Damascus Senior Center. Fee \$30 for 8 weeks.

Blood Pressure Screening First Wednesday and third Thursday of each month. Free at Damascus Senior Center.

Getting Better with Age

Tuesday, August 8, 10:30-11:30am. Free lecture sponsored by Holy Cross Hospital. Focus is on the full half of the glass in regard to becoming older (after all who do you know that is getting younger?). And while here why not stay for lunch. Call Margaret Schweinhaut Senior Center.

Senior Fit

Designed especially for adults age 55+, this 45-minute exercise class focuses on increasing strength and muscular endurance for activities of daily living and improving flexibility for greater mobility. A partnership with Holy Cross Hospital and Kaiser Permanente. For more information and to register please call 301-754-7149.

- meets Monday & Wednesdays 9:15-10:00am at Bauer Drive Community Center.
- meets Mondays & Wednesdays 10:30–11:15am and Fridays 10:00–10:45am at East County Community Center.



Easy Fit Exercise

Drop-in chair exercise Mondays August 14, 21 & 28 and Fridays August 18 & 25, 8:30–9:15am. Strength training, range of motion and cardiovascular fitness. Designed to get participants started in a program or provide maintenance for those between summer and fall routines. Fee \$3.00 at door. Holiday Park Senior Center.

From the Senior Nutrition Program,
Montgomery County.....

**Senior Nutrition
Hotline**

Wednesday Mornings
9 am – 11 am

240-777-1100

Starting February 1, 2006



Health Lecture, Gait & Balance in Older Adults

Tuesday August 8, 1:15pm. Presented by Matt Tarnovnik, Director of Physical Medicine, Suburban Hospital. Free at the Holiday Park Senior Center.

THERAPEUTIC RECREATION



Children's Program

Karate for Individuals with Disabilities

Ages 5&Up: Introduction to traditional Korean Karate (Tang So Do) with emphasis on improving motor planning and coordination. Includes stretching, arm and leg movements and drills. Wear loose fitting clothes or white Gi (uniform). New students attend 9:00 class.

10 sessions \$88.00

156949	Randolph Hills PC	6/3	Sa	9:00am-9:45am
156950	Randolph Hills PC	6/3	Sa	9:45am-10:30am

Teen & Adult Programs

Adult Swim

Ages 18&Up, with disabilities: Adapted aquatics and swim instruction in a group setting. Participants should be able to indicate basic wants and needs and have minimal self-help skills. 1 staff to 7 participants. **No personal care provided.**

8 sessions \$35.00

154878	MLK Swim Center	6/27	Tu	8:30pm-10:00pm
154879	MAC Swim Center	6/29	Th	8:30pm-10:00pm
154881	Germantown Swim Ctr	6/28	Th	8:30pm-10:00pm

Feeling Fit with Multiple Sclerosis

Ages 18&Up, who would like to learn to work out independently: Includes warm up, work out, and cool down. Emphasis on learning how to develop a balanced physical activity plan. At the close of the class, participants will be able to design and begin an Individual Fitness Plan.

6 sessions \$35.00

154882	Holiday Park SrC	5/6	Th	3:30pm-4:30pm
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Moving with Multiple Sclerosis

Ages 18&Up, with Multiple Sclerosis: Exercise helps maintain flexibility in joints and muscle strength, relaxes the body, and promotes a sense of well-being. Discussion will focus on ways to keep exercising outside of class.

6 sessions \$35.00

154884	Germantown CC	5/14	Sun	1:00pm-2:00pm
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Mainstreaming Opportunities

Individuals with disabilities are encouraged to register for programs. To facilitate your inclusion, you may request auxiliary aids and services.

Interpreters, large or braille print, other auxiliary aids or services, or companions

must be requested **at least** 2 weeks prior to the start of the program. Please call 301-468-4540, TTY 240-777-6974, to schedule an intake for accommodations needed.

Companions provide one-to-one assistance to facilitate participation and assimilation into the program. Most companions are volunteers and placements are limited, and are not guaranteed.

Slow 'n Easy Aerobics

Ages 15&Up, with disabilities: Exercise to music and get fit through movement, stretching, and coordination. Participants should be able to indicate basic wants and needs, and follow one- and two-step instructions. 1 staff to 10 participants.

6 sessions \$26.00

156999	Bauer Drive CC	6/29	Th	7:00pm-8:00pm
157001	Bauer Drive CC	6/29	Th	8:00pm-9:00pm

Special Events

National Therapeutic Recreation Week: July 9-15, 2006

See the *Summer Therapeutic Recreation* brochure for activity details.

17th Anniversary Children's Day VIP Program at the Fair: August 14, 2006

Co-sponsored by the Montgomery County Agricultural Fair and the City of Gaithersburg.

The *Children's Day at the Fair* Committee is asking for help in identifying children who would benefit from this program. In order to be selected a Children's Day VIP, the child must be a resident of Montgomery County between the ages of five and twelve years old and must have a severe disability or life-threatening illness. The family must also be able to attend the Fair on Monday, August 14 as honored guests. If you know of a child or children (who have not yet been a VIP) who you feel would benefit from this very special program, please call 301-468-4540 for an application form.



Countywide Camps for Individuals with Disabilities

Summer Success! Our programs are designed to give kids and teens the opportunity to grow through activities that promote socialization, enhance self-esteem, and provide age-appropriate activities in a safe environment. The Department of Recreation invites you to try one of our exciting Therapeutic Recreation Camps or Programs. To help pick the most appropriate program for your family member, please call a Recreation Specialist at 301-468-4540, TTY 240-777-6974. Have a great summer!

PROGRAMS

Not sure of what you're doing this Summer?

Summer Employment

Interested in something different? Have experience working with individuals with disabilities or work with children in a school setting? Flexible schedules! Send in a resume or call a recreation specialist for information at 301-468-4540.

Volunteers Needed for Summer Programs

Support a child with a disability in a summer program or be an assistant in a Therapeutic Recreation camp.

Training provided.

Earn student service learning hours.

Call the Volunteer Coordinator at 301-468-4540.

Programs to look for in the Summer Therapeutic Recreation brochure

TR Adult Social Clubs Register for exciting weekend activities for ages 21 and older. Come make new friends and join the fun.

Dances for Teens and Adults DJ, light refreshments, and opportunities for socialization. Themes include a Blue Hawaii Dance on June 3. Dances are at the Holiday Park Senior Center.

Not on Our Mailing List?

If you would like to receive more information on TR programs or clubs, please send a postcard with the participant's name, age, address, and phone number.

Mail to: Therapeutic Recreation Mailing List
3950 Ferrara Drive,
Wheaton, MD 20906

Montgomery County Government is committed to complying with the Americans with Disabilities Act (ADA). If you need auxiliary aids or services (such as large print, electronic format, ASL or cued speech) in order to participate, please call a mainstream facilitator (301-468-4540) to discuss your needs.

Recreation Department Advisory Board

Montgomery County residents who are interested in working to promote the development of recreational programming as well as park facilities are encouraged to apply for appointments to an Area Advisory Board position or the County-wide Advisory Board.

Interested citizens should submit a letter and brief resume to County Executive Douglas M. Duncan, Executive Office Building, 101 Monroe Street, Rockville, Maryland 20850.

A Penny for your Thoughts...



Your opinion is important to us. We are genuinely interested in your experiences and appreciate your participation in our programs. Please take a few minutes to complete our customer survey.

This survey is available at montgomerycountymd.gov/content/rec/survey.asp.

Your comments will help us to improve our services.

We Rent for **Your Event**

Celebrate that special occasion in one of our Community Recreation Centers



Rent our facilities and join your friends and family for:

- Birthday Parties
- After Prom Dances
- Wedding Receptions
- Anniversaries
- Bar/Bat Mitzvahs
- Retirement Parties
- Cultural Celebrations
- Meetings



Transform a room into a fantasy land with lights and props or an elegant reception area with fresh flowers and garland. You are limited only by imagination and creativity.



Rent these Special Spaces for Special Events...

- Gymnasiums
- Social Halls
- Art Rooms
- Conference Rooms
- Lounges

To rent a space: Contact one of our Community Centers listed on page 75.

Check out a center from home: Virtual Tours of our centers are available online at www.montgomerycountymd.gov/rec under Locations.



MONTGOMERY COUNTY

*Charles W. Gilchrist***Center for Cultural Diversity****About the Gilchrist Center for Cultural Diversity**

The Charles W. Gilchrist Center for Cultural Diversity serves as a central point of contact to County and other community services, and is a resource for acquiring language and job skills. It also provides a welcoming environment in which to learn laws and behavioral expectations that govern the community.

El Centro Charles W. Gilchrist de Diversidad Cultural es un lugar de enlace entre el Condado y organizaciones de servicios comunitarios. El Centro sirve como una fuente para aprender idiomas y habilidades para trabajar. También provee oportunidades para aprender las leyes y las expectativas de comportamiento dictados por la sociedad.

Para información sobre programas de Mayo y Junio 2006, por favor llame al 240-777-4940.

This Summer in Wheaton

Tuesday, May 9, 6:00-8:00pm

"Are You Ready?" presented by the SBD. Starting a business is a big decision—one that will affect the rest of your life!. English only

Tuesday, May 9, 5:30-7:30pm

Thursday, May 25, 5:30-7:30pm

"Está Listo?" presentado por Small Business Development Center. Comenzar un negocio es una gran decisión—una que le afectará el resto de su vida. Spanish only

Thursday, May 18, 6:00-8:00pm

Housing Opportunities Commission Learn about How to Find a Home, Credit Budgeting, Obtaining Financing/Mortgage. MPDU Program. Free. English

Tuesday, June 13, 6:00-8:00pm

Business Development Resources

Montgomery County Department of Economic Development, Learn about available resources in Montgomery County, and the greater Washington Metropolitan area. English and Spanish.

Saturday, June 24, 8:00am-3:00pm

"How to Start Your Own Business" A series of workshops designed for new entrepreneurs in English, Spanish and Vietnamese. Registration required. FREE

Tuesday, July 1, 6:00-8:00pm

US Small Administration and Enterprise Development Group **"Lenders, Loans and Financing"** Learn about available resources to help finance your small business. English

Pro Bono (free) Legal Clinic

The Montgomery County Bar Foundation presents Pro Bono (Free) Legal Clinic

Clinic days 2nd & 4th Wednesdays, 5:30-8:30pm
Registration is required, as space is limited.

English as a Second Language (ESOL) Late Spring 06

For Beginners & Intermediate; Monday through Friday; Early Morning, Morning and Afternoon classes.

Registration required. Registration dates: May 1 & June 26, 2006, on a first-come-first served basis until full. Free. Hosted by Montgomery College

English as a Second Language (ESOL) Saturday Beginning

Class for Beginners only; May 6, 13, 20 & 27, June 3, 10 & 17. No class on June 24. Free. Sponsored by African Immigrant & Refugee Foundation

English as a Second Language (ESOL) Saturday Classes for

Beginners, Intermediate & Advanced; Saturdays, May 6 & 13, June 3, 10 & 17, 9:15-11:00am. No Intermediate class on June 10. No class on June 24. First-come, first-served, until full. Free. Taught by Gilchrist Center Volunteers

Caribbean & Latin Dance Series for Children and Adults

Saturdays through May 6, 12:00-2:45pm.

This Summer Upcounty

Tuesdays, 7:00-9:00pm

Citizenship Preparation Program, Montgomery County Refugee Training Program Montgomery College and Maryland Office of New Americans. You must bring your green card.

Wheaton Location

11319 Elkin Street
Wheaton, MD 20902

Monday: 9:00am–6:00pm

Tuesday, Wednesday & Thursday: 9:00am–9:00pm

Friday: 9:00am–1:00pm

Saturday: 9:00am–3:00pm

Telephone: 240- 777-4940 | Fax: 240-777-4941 Telephone: 240-777-6950 | Fax: 240-777-6945

Upcounty Location:

12900 Middlebrook Road
Germantown, MD 20874

Monday, Wednesday & Friday:

9:00am-2:00pm





Germantown Town Center
MD 118 & Middlebrook Road
12901 Town Commons Drive
Germantown, MD 20874

DANCE

MUSIC

THEATER ARTS

VISUAL ARTS

LIMITED
SCHOLARSHIPS
AVAILABLE

Creative Arts Classes

Summer 2006

Beginning June 19

Classes for Adults, Teens and Children

DANCE	
Ballet	Hip Hop
Urban Funk	
Musical Theater Dance	
Dancin' Stylin'	

Pilates 50 +
Dance Workout

MUSIC			
Brass	Piano	Guitar	Woodwinds

VISUAL ART WORKSHOPS			
Painting	Watercolor	Mosaics	Sculpture
Photo Art	Drawing	Printmaking	

Arts Camps (grades 2-8)
Adventures in the Arts (ages 3-6)
Young Artists Ballet Dancecamp (grades 1-3)

** Not affiliated with Montgomery County Recreation Department.

For more information, call **240.912.1053** or visit www.blackrockcenter.org

We Want You!

Part-time Staff are needed to lead a wide variety of activities. Become part of our team!

Call 240-777-6840 for an application.

Contractual Instructors are needed to instruct professional quality classes for all ages. Send a resume and class proposal to:

Montgomery County Recreation Department
Contracts
4010 Randolph Road
Silver Spring, MD 20902

Volunteer this Spring!

- Lead or assist in children's activities
- Support your local community center
- Work with individuals with disabilities
- Provide administrative support
- Help with senior adult programs
- Serve on the advisory board
- Make special events successful!

Become part of our team!

Just call the team you want to work with.



Internet Registration

You're only a few clicks away!

You need access to the internet and your Customer Number and Account PIN (Personal Identification Number).

Forgot your account information? Call us at 240-777-6840

If you don't have an account, it's easy to set one up. Go to montgomerycountymd.gov and select the 'Culture & Leisure' tab. Click on 'RecWeb Registration.' Click on the 'Create Account' link and complete the new account form. An account will be created and we will send you an email with your account information needed to logon to RecWeb.

All registrations and all debts owed on your account must be paid for in full at the time of registration.



240-777-8277

Fast and Convenient

Just fill out and sign the form below, and return this page to our office as soon as possible. You can fax it to us at 240-777-6857. We will set up your family as STARline participants and mail you a packet that includes easy to follow complete instructions for registering via STARline.

FAMILY MEMBER INFORMATION FORM: Please list all family members.

Last Name	First Name	Birthdate	Grade	Sex M/F
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: () _____ Work Phone: () _____

When you register for classes using STARline, payment in full must be made by Visa or Mastercard. Access to your account will be via a Personal Identification Number (PIN). This PIN will serve as your electronic signature. Your signature below is an agreement to authorize Montgomery County Department of Recreation to process your payment.

Cardholder/Parent Signature _____

Date _____

The participant assumes all risks associated with participation in the program; the County assumes no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, the County encourages each participant to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to the County's use of any photographs taken or video tapes made of the program. If the participant is a minor, the parent or guardian approves his or her participation in the program. Neither the instructor nor any of the staff are responsible for children prior to or after the scheduled program.

**For more information about RecWeb or STARline, call us at 240-777-6840.
We'll be happy to answer any questions you may have.**

Recreation Service Regions

The Department of Recreation has five regional service areas, which follow the Government Service Center Regions. Information and registration for all recreation programs is available at all Regional Service Centers (RSC).

Bethesda-Chevy Chase 240-777-6900
Bethesda, Chevy Chase, Potomac
11315 Falls Road, Potomac

East County 240-777-4980
Briggs Chaney, Burtonsville, Fairland, NE Silver Spring
14906 Old Columbia Pike, Burtonsville

Mid-County 240-777-4930
Aspen Hill, Olney, Sandy Spring, Wheaton, Brookeville
4010 Randolph Road, Silver Spring

Silver Spring 240-777-4910
Silver Spring, Takoma Park
2450 Lyttonsville Road, Silver Spring

Upcounty 240-777-6940
Upper Montgomery County, Montgomery Village, Damascus, Darnestown, Redland, Poolesville, Dufief/Travilah
12900 Middlebrook Road, Germantown



Residents enjoy the fun at Community Day '05 at the Scotland Community Center in Potomac.

Community Recreation Centers

Community Recreation Centers (CRC) are located throughout Montgomery County. A variety of activities and programs are offered for participants of all ages.

Each center is unique and may have some or all of the following: gymnasium, social hall with dance floor and kitchen, game and billiards room or area, weight and exercise room, arts and craft room, and meeting room.

Rooms of various sizes at the CRCs are also available for rentals. Call for specific hours and availability.

Clara Barton Community Center 7425 MacArthur Boulevard, Cabin John	301-229-0010
Bauer Drive Community Center 14625 Bauer Drive, Rockville	301-468-4015
Ross J. Boddy Community Center 18529 Brooke Road, Sandy Spring	301-570-1204
Gwendolyn E. Coffield Community Center 2450 Lyttonsville Road, Silver Spring	240-777-4900
Damascus Community Center 25520 Oak Drive, Damascus	240-777-6930
East County Community Center 3310 Gateshead Manor Way, Silver Spring	301-572-7004
Fairland Community Recreation Center 14906 Old Columbia Pike, Burtonsville	240-777-4970
Germantown Community Center 18905 Kingsview Road, Germantown	301-601-1680
Charles W. Gilchrist Center for Cultural Diversity 11319 Elkin Street, Wheaton	240-777-4940
Good Hope Community Center 14715 Good Hope Road, Silver Spring	301-989-1210
Leland Community Center 4301 Willow Lane, Chevy Chase	301-652-2249
Long Branch Community Center 8700 Piney Branch Road, Silver Spring	301-431-5702
Longwood Community Center 19300 Georgia Avenue, Brookeville	301-570-1200
Plum Gar Community Center 19561 Scenery Drive, Germantown	301-601-0966
Potomac Community Center 11315 Falls Road, Potomac	240-777-6960
Scotland Community Center 7700 Scotland Drive, Potomac	301-983-4455
Upper County Community Center 8201 Emory Grove Road, Gaithersburg	301-840-2469
Wheaton Community Center 11711 Georgia Avenue, Wheaton	301-929-5500

Aquatic Centers: See page 6
Senior Centers: See page 64
Other Locations: See page 74



Summer Programs 2006

To register or request a brochure, call 301.585.1225.

See complete program details at www.roundhousetheatre.org.

These classes are offered by Round House Theatre, a not-for-profit 501(c)(3) corporation.

ELEMENTARY SCHOOL PROGRAMS

Arts Day Program

Each two-week session has a unique theme, linked in summer 2006 to beloved children's literature and stories, around which students learn the art that goes into making a play.

Location: A. Mario Loiederman Middle School (12701 Goodhill Road, Silver Spring)

Program Times: Monday - Friday 9am - 3pm

Session 1: June 19 - June 30

Session 2: July 3 - July 14 (no class July 4)

Session 3: July 17 - July 28

Tuition: \$400 for Sessions 1 & 3; \$375 for Session 2

Arts Day Program Tuition Discount: Register for more than one session and pay only \$375 for each additional!

Summer Destinations

Students will embark on a new journey every day of the week, making imaginary worlds through visual arts and inhabiting them through creative dramatics.

Location: Round House Theatre Education Center (925 Wayne Ave, Silver Spring)

Program Times: Monday - Friday 9am - 3pm

Session 1: June 19 - June 23

Session 2: June 26 - June 30

Session 3: July 3 - July 7 (no class July 4)

Session 4: July 10 - July 14

Session 5: July 17 - July 21

Session 6: July 24 - July 28

Session 7: July 31 - Aug. 4

Session 8: Aug. 7 - Aug. 11

Session 9: Aug. 14 - Aug. 18

Tuition: \$200 (\$180 for Session 3)

Summer Destinations Discount: Register for more than two sessions and pay only \$175 for each additional!

MIDDLE SCHOOL PROGRAMS

Around the World

This class will have students exploring theatre and performance styles in different cultures and time periods from Ancient Greece to Medieval Europe to contemporary Japan.

Location: Chelsea School (711 Pershing Drive, Silver Spring)

Program Times: Monday - Friday 9am - 3pm

Session 1: June 19 - June 30 (showcase at 3pm on June 29)

Session 2: July 17 - July 28 (showcase at 3pm on July 27)

Tuition: \$425

Middle School Programs Discount: Enroll students in three or more two-week sessions and pay only \$375 for the third and fourth sessions!

Improvisation

This fun, high-energy two-week program will teach students the basics of improvisation.

Location: Round House Theatre Silver Spring (8641 Colesville Road, Silver Spring)

Program Times: Monday - Friday 9am - 3pm

Session 1: June 19 - June 30 (showcase at 3pm on June 29)

Session 2: July 17 - July 28 (showcase at 3pm on July 27)

Tuition: \$425

Middle School Programs Discount: Enroll students in three or more two-week sessions and pay only \$375 for the third and fourth sessions!

Improv Break

This class is a shortened version of the two-week Improvisation program, focusing on freeing the imagination and creative collaboration.

Location: Round House Theatre Silver Spring (8641 Colesville Road, Silver Spring)

Program Times: Monday - Friday 9am - 3pm

Class Dates: Aug. 14 - Aug. 18 (showcase at 3pm on Aug 18)

Tuition: \$225

Middle School Programs Discount: Enroll students in three or more two-week sessions and pay only \$375 for the third and fourth sessions! (\$200 for Improv Break)

Let's Share Shakespeare

In this popular class students receive a hands-on introduction to Shakespeare, focused on developing students' personal connection to Shakespeare's world and works while filling their acting tool belt.

Location: Chelsea School (711 Pershing Drive, Silver Spring)

Program Times: Monday - Friday 9am - 3pm

Session 1: July 3 - July 14 (showcase at 3pm on July 14)

Session 2: July 31 - Aug 11 (showcase at 3pm on Aug 11)

Tuition: \$425

Middle School Programs Discount: Enroll students in three or more two-week sessions and pay only \$375 for the third and fourth sessions!

Youth OnStage

In Youth OnStage, students will work together to create and perform original theatre works.

Location: Round House Theatre Silver Spring (8641 Colesville Road, Silver Spring)

Program Times: Monday - Friday 9am - 3pm

Session 1: July 3 - July 14 (showcase at 3pm on July 13)

Session 2: July 31 - Aug 11 (showcase at 3pm on Aug 10)

Tuition: \$425

Middle School Programs Discount: Enroll students in three or more two-week sessions and pay only \$375 for the third and fourth sessions!

HIGH SCHOOL THEATRE INSTITUTE

Improvisation & Physical Comedy

This team-taught class, led by Kevin Corbett and featuring Mark Jaster, will encourage students to think creatively, work collaboratively, take risks, make strong performance choices and leave the audience in stitches.

Location: Round House Theatre Bethesda (4545 East West Highway, Bethesda)

Dates/Times: July 3 - July 14, 9am - 4pm (showcase at 3pm on July 14; class will meet July 4)

Tuition: \$450

High School Theatre Institute Discount: Enroll in any combination of two two-week programs and save \$25 per session.

Musical Theatre

Students will receive training in voice, dance and acting in order to hone pre-existing skills and learn new techniques toward best utilizing their individual vocal and physical ranges.

Location: Round House Theatre Bethesda (4545 East West Highway, Bethesda)

Dates/Times: July 17 - July 28, 9am - 4pm (showcase at 3pm on July 28)

Tuition: \$450

High School Theatre Institute Discount: Enroll in any combination of 2 two-week programs and save \$25 per session.

Musical Theatre 2

Musical Theatre 2 is an advanced-level class for teens who have previously participated in RHT's summer or school-year Musical Theatre programs.

Location: Round House Theatre Bethesda (4545 East West Highway, Bethesda)

Dates/Times: July 17 - July 28, 9am - 4pm

Tuition: \$450

High School Theatre Institute Discount: Enroll in any combination of 2 two-week programs and save \$25 per session.

ADVANCED TRAINING FOR HIGH SCHOOL STUDENTS

Actor's Lab

Participants will work with a different director each day on a pre-selected scene, allowing teens to learn about the diversity of directing approaches and methodologies actors encounter in professional theatre. Enrollment is limited and by audition only. Tuition fees not assessed until after the audition (March 2006).

Location: Round House Theatre Bethesda (4545 East West Highway, Bethesda)

Dates/Times: June 26 - June 30, 9am - 4pm (showcase at 3pm on June 30)

Tuition: \$300 (no discounts available)

Finding Your Voice / Gaining Your Edge

Participants will acquire an understanding of Liz Lerman's Critical Response Process and work on developing a 90-second monologue and a two-minute dance solo for use at future auditions or applications. Enrollment is limited and by audition only. Tuition fees not assessed until after the audition (March 2006).

Location: Liz Lerman Dance Exchange (7117 Maple Avenue, Takoma Park)

Dates/Times: July 3 - July 14, 9am - 4pm (showcase at 3pm on July 14; class will meet July 4)

Tuition: \$600 (no discounts available)

FOR ADULTS

Actor's Craft

Under the guidance, experience and expertise of our faculty, participants will learn a vocabulary and skills set for creating and performing fully-realized characters through improvisation as well as monologue and scene work.

Location: Round House Theatre Education Center (925 Wayne Avenue, Silver Spring)

Section 1: Mondays & Wednesdays, June 19 - July 24, 7:30pm - 9:30pm

Section 2: Mondays & Wednesdays, July 31 - Aug 30, 7:30pm - 9:30pm

Tuition: \$375

Actor's Craft Program Discount: Learn more about the craft-enroll in both and receive a \$50 tuition discount on the second section!



S U M M E R P A R K P R O G R A M S



It's all right here!

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From the Chairman



THE MARYLAND-NATIONAL CAPITAL PARK AND PLANNING COMMISSION
8787 Georgia Avenue • Silver Spring, Maryland 20910-3760
(301) 495-4605

Montgomery County Planning Board
Office of the Chairman

Summer 2006

Dear Montgomery County Resident:

The warm weather has arrived!

Now is the time to get out of the house – or the office – and visit a nature center, walk along a trail or play some tennis in Montgomery's award-winning parks. The possibilities are truly endless!

Did you know that if our 32,780-acre park system were its own city, it would be the second largest city in Maryland, just behind Baltimore? We should all take pride in just how much parkland there is right here in Montgomery County.

Take a look through this program book and you'll find everything you need to enjoy a healthy and active summer season. There's always so much to do and see in our park system – it's like having a resort in our own backyard!

We offer hundreds of ways to enjoy time on your own, or with friends and family. I hope you take advantage of all the opportunities within this terrific program book.

It's all right here in Montgomery County Parks! I look forward to seeing you out there this season -- and all yearlong.

Sincerely,

A handwritten signature in dark ink that reads "Derick P. Berlage".

Derick P. Berlage
Chairman
The Maryland-National Capital Park and Planning Commission

Check Out What's in Your Backyard!

RECREATIONAL FACILITIES

Black Hill Boats

Black Hill Regional Park, 20920 Lake Ridge Drive, Boyds, MD 20841 | 301-972-6157
www.blackhillboats.com



Cabin John Miniature Train

Cabin John Regional Park, 7410 Tuckerman Lane, Rockville, MD 20852 | 301-469-7835 | www.cabinjohntrain.com



Lake Needwood Boats

Rock Creek Regional Park, 15700 Lake Needwood Circle, Rockville, MD 20855 | 301-948-0501
www.lakeneedwoodboats.com

Little Bennett Campground

Little Bennett Regional Park, 23701 Frederick Road, Clarksburg, MD 20871 | 301-972-9222
www.littlebennettcampground.com

South Germantown Splash Park and Mini-Golf

South Germantown Recreational Park, 18056 Central Park Circle, Boyds, MD 20841 | 301-601-3580
www.sgermantownsplashandgolf.com

Wheaton Miniature Train and Carousel

Wheaton Regional Park, 2000 Shorefield Road, Wheaton, MD 20902 301-942-6703
www.wheatontrainandcarousel.com



NATURE FACILITIES



Black Hill Visitor Center ParkPASS

Black Hill Regional Park, 20926 Lake Ridge Drive, Boyds, MD 20841 301-916-0220 | fax: 301-515-9520
www.blackhillnature.org

Brookside Nature Center ParkPASS

Wheaton Regional Park, 1400 Glenallan Avenue, Wheaton, MD 20902 | 301-946-9071
fax: 301-962-8476 | www.brooksidenature.org

Meadowside Nature Center ParkPASS

Rock Creek Regional Park, 5100 Meadowside Lane, Rockville, MD 20855 | 301-924-4141
fax: 301-924-1034 | www.meadowsidenature.org

Locust Grove Nature Center ParkPASS

Cabin John Regional Park, 7777 Democracy Boulevard, Bethesda, MD 20817 | 301-299-1990
fax: 301-469-0759 | www.locustgrovenature.org

ParkPASS This denotes a ParkPASS facility. Open a ParkPASS account to register online for activities and programs at these locations. More information at www.ParkPASS.org.

TENNIS CENTERS

Cabin John Tennis ParkPASS

Cabin John Regional Park, 7801 Democracy Boulevard, Bethesda, MD 20817 301-469-7300 | fax: 301-365-7527
www.cabinjohnntennis.com



Wheaton Tennis ParkPASS

Wheaton Regional Park, 11715 Orebaugh Avenue, Wheaton, MD 20902 | 301-649-4049
fax: 301-649-1576 | www.wheatontennis.com

PUBLIC GARDENS



Brookside Gardens ParkPASS

Wheaton Regional Park, 1800 Glenallan Avenue, Wheaton, MD 20902 | 301-962-1400
fax: 301-962-7878
www.brooksidegardens.org

EVENT CENTERS

Lodge at Little Seneca

14500-A Clopper Road, Boyds, MD 20841 301-299-5026 | www.lodgeatseneca.com

Rockwood Manor

11001 MacArthur Boulevard, Potomac, MD 20854 | 301-299-5026
www.rockwoodmanor.com

Woodlawn Manor

16501 Norwood Road, Sandy Spring, MD 20860 301-299-5026 | www.woodlawnmanor.com



ICE RINKS

Cabin John Ice Rink ParkPASS

Cabin John Regional Park, 10610 Westlake Drive, Rockville, MD 20852 | 301-365-2246 | fax: 301-469-6196
www.cabinjohnice.com

Wheaton Ice Arena/In-Line Rink ParkPASS

Wheaton Regional Park, 11717 Orebaugh Avenue, Wheaton, MD 20902 | 301-649-3640
fax: 301-649-2424 | www.wheatonicearena.com

IMPORTANT PARK PHONE NUMBERS

For emergencies call Park Police | 301-949-3010

For problems/repairs in your parks | 301-670-8080

To reserve ballfields or shelters | 301-495-2525

For general information in the following areas:

Black Hill | 301-444-3120
Cabin John | 301-299-0024
Little Bennett | 301-972-6581
Martin Luther King | 301-622-1193
Meadowbrook | 301-650-2600
Olney Manor | 301-774-6255
Rock Creek (Derwood) | 301-948-5053
Shady Grove | 301-670-8014
Wheaton | 301-680-3803

Planning, Preserving and Developing Montgomery County

YOUR QUALITY OF LIFE IS OUR PRIORITY

WHERE YOU CAN FIND MORE INFORMATION

A variety of divisions within the agency engage community leaders, residents and developers to guide the county's development. For more specific information on planning and development in Montgomery County:

GENERAL INFORMATION

301-495-4610

COMMUNITY-BASED PLANNING

301-495-4555

DEVELOPMENT REVIEW

301-495-4610

ENVIRONMENTAL PLANNING

301-495-4540

HISTORIC PRESERVATION

301-563-3400

STRATEGIC PLANNING

301-495-4500

TRANSPORTATION PLANNING

301-495-4525

■ Para más información en Español por favor llame al 301-495-4604.

DID YOU KNOW

In addition to managing an award-winning 32,600-acre park system and providing hundreds of educational programs throughout the year, the Maryland-National Capital Park and Planning Commission also makes important decisions about how Montgomery County's land is used, developed or preserved. The decisions the agency makes have an immediate impact on the quality of life in our region.

STEWARDSHIP MONTGOMERY COUNTY'S LAND RESOURCES

For more than 75 years, the Commission has worked tirelessly to preserve a 93,000 acre Agricultural Reserve that encompasses one-third of the county's land; encourage development close to mass transit systems in order to address traffic congestion; and balance the growth of our communities.

HOW YOU CAN GET INVOLVED

The agency holds public meetings virtually every Thursday throughout the year to review potential development projects and make land use decisions. We actively invite the community to participate in these decisions and testify during public hearings. Dozens of meetings are held throughout the County each year to gain residents input on land use issues. For more information visit our website at www.mncppc.org.

What's coming up?

The master plans for the following communities are underway:

- > Shady Grove
- > Woodmont Triangle
- > Damascus
- > Twinbrook
- > Gaithersburg
- > Germantown

For more detailed information, call 301-495-4555

THE MONTGOMERY COUNTY PLANNING BOARD

Derick Berlage, *Chairman*

Wendy Perdue, *Vice-Chairman*

Allison Bryant, Ph.D.

John Robinson

Meredith Wellington



Brookside Gardens

www.brooksidegardens.org

Summer Twilight Concert Series

Join us for a series of musical evenings surrounded by the beauty of the garden! All concerts are free of charge and no registration is required. Performances will be located in the Gude Garden (with the exception of the May 9 concert at McCrillis Gardens). Visitors are welcome to bring chairs and blankets on which to sit in the grass.



Night & Day Trio

(at McCrillis Gardens)

Tuesday, May 9, 6:30-8:00pm

Jazz, swing, big band music.

The Crawdaddies

Tuesday, June 6, 6:30-8:00pm

Cajun, Zydeco, Funk, Swing, Soul, Reggae, Roots, and Rock combine into an incomparable, groove-laden sound that is unquestionably the band's own!

Oasis Band

Tuesday, June 13, 6:30-7:30pm

Popular dance music of the Caribbean, including Reggae, Calypso & Steel Drums as well as African music.

Almost Recess

Tuesday, June 20,

6:30-7:30pm

Kickin' a cappella music.

David LaFleur

Tuesday, June 27, 6:30-8:00pm

David performs a unique mixture of Folk, Blues, and Bluegrass with his rich tenor voice accompanied by guitar, dobro, mandolin, and dulcimer.



Wings of Fancy

CELEBRATING 10 YEARS!

Join us as we celebrate 10 years of the butterfly exhibit with special programs and events. Look for butterfly surprises, programs, and activities in the gardens throughout the season.

Special Butterfly Lecture

**An International Look at
Butterfly Exhibitions: Past,
Present & Future**

Thursday, June 15, 7-8:30pm

Join Mike Weissmann, co-owner of Kallima Consultants, Inc. of Colorado, as he explores the history and diversity of butterfly houses around the world. He will also take a look at the important partnership between the exhibitors and the tropical butterfly farms, without which there would be no butterfly houses.
Free; no registration required

Butterfly Festival

**Sunday, June 25
12:00noon – 4:00pm**

**Butterfly host and
nectar plant sale**

Free Garden walks

Free Butterfly Talk

Free Concert

**Storytelling
and other activities!**

Live Butterfly Exhibit

**Saturday May 13
through Sunday, September 17
10:00am to 4:00pm daily**

Be surrounded by butterflies flying freely amidst a colorful garden of tropical flowering nectar plants. Learn about the butterfly life cycle. Observe exotic tropical butterflies from Costa Rica in addition to species native to North America.

**Fees: \$4.50 adults; \$3.50 ages 3-12
Brookside Gardens South
Conservatory**

Groups of 12 or more by appointment only, call 301-962-1467 for reservations. We regret that we are not able to accommodate strollers in the Butterfly Exhibit. To volunteer at the exhibit, call 301-962-1429.

Brookside Gardens

The Brookside Gardens School of Botanical Art & Illustration provides drawing and painting classes at beginning, intermediate, and advanced levels. All classes are located at McCrillis Gardens.

*This class is for students that have successfully completed the prerequisites. Registration must be done through the mail or in person at Brookside Gardens.

Adult Programs

Join Stephanie Oberle, Brookside Gardens Staff, to make a lovely and unique glass leaf necklace. You will learn simple stringing techniques to combine pressed Czech glass leaves and seed beads into a beautiful and reversible necklace. In class, you'll be able to choose from one of several color kits. Tools are available for use. Fee includes materials to make one necklace, including sterling silver clasp, stringing wire, and beads.

13555 18Yrs&up 1 Class \$35 6/7 W 10:00am-12:00pm

A Bit of Brookside

Join Joan O'Rourke, Friends of Brookside Gardens, to plant a colorful summer container. We have selected some of the best and most beautiful flowers that will be planted in our gardens for you to enjoy at home. You may select either sun-loving or shade-loving plants, depending on your conditions at home. Fee includes all materials, including a 14" container.

11599 18Yrs&up 1 Class \$40 6/13 Tu 9:30am-11:30am

It's Not Just for Strawberries

Join Joan O'Rourke, Friends of Brookside Gardens, to plant a strawberry pot. Many plants other than strawberries can be grown in a strawberry pot. This workshop will demonstrate the technique of planting a strawberry pot, and supply the pot, soil and plants for each participant to plant a pot of their own. A variety of colorful sedums and flowering plants will be provided. Fee includes all materials.

11264 18Yrs&up 1 Class \$35 6/20 Tu 9:30am-11:30am

Focus on Butterflies!

Don't miss this opportunity to have the butterfly exhibit all to yourself - almost! On this special morning, a limited number of photographers will be welcomed (with their tripods) into the conservatory to photograph Brookside's remarkable butterflies prior to the display opening to the public. Enjoy a quiet morning, when the light is perfect and the butterflies are just becoming active-they're likely to be basking or perched this early in the day. A limit of 10 photographers will be allowed into the conservatory for these unique offerings.

13903	18Yrs&up 1 Class	\$20	6/4	Su	8:00am-10:00am
13904	18Yrs&up 1 Class	\$20	6/10	Sa	8:00am-10:00am
13905	18Yrs&up 1 Class	\$20	6/18	Su	8:00am-10:00am
13906	18Yrs&up 1 Class	\$20	6/24	Sa	8:00am-10:00am
13907	18Yrs&up 1 Class	\$20	7/9	Su	8:00am-10:00am
13908	18Yrs&up 1 Class	\$20	7/15	Sa	8:00am-10:00am
13909	18Yrs&up 1 Class	\$20	7/23	Su	8:00am-10:00am
13910	18Yrs&up 1 Class	\$20	7/29	Sa	8:00am-10:00am
13911	18Yrs&up 1 Class	\$20	8/13	Su	8:00am-10:00am
13912	18Yrs&up 1 Class	\$20	8/26	Sa	8:00am-10:00am

Children's Summer Camps

Butterfly Flutterby Camp

Join Lynn Richard, Brookside Gardens Staff, to learn about butterflies and butterfly gardening through crafts, games, and gardening activities.

13854 5-7yrs 4 Classes \$65 6/19 M,Tu,W,F 10:00am-12:00pm

Budding Artists Camp

Children will enjoy expressing themselves in garden as Rufus Toomey, Artist, teaches them several art techniques, including drawing, collage, and painting.

13999 5-7yrs 5 Classes \$65 7/17 M-F 10:00am-12:00pm

14000 8-10yrs 5 Classes \$65 7/17 M-F 1:00pm-3:00pm

Eastern Woodland Indian Camp

Join Lynn Richard, Brookside Gardens Staff, to learn about Indian plants, stories, and games. This camp coincides with out newly themed Eastern Woodland Indian Children's Garden

14001 7-10yrs 5 Classes \$65 8/14 M-F 10:00am-12:00pm

School of Botanical Art & Illustration

The Brookside Gardens School of Botanical Art and Illustration provides drawing and painting classes at beginning, intermediate, and advanced levels. All classes are located at McCrillis Gardens.

Call 301-962-1470 for more information.



Ice Skating

Registration begins June 13th.

No registrations will be processed prior to this date. Registration ends 6/30/2006.

Registrations are accepted in person, by mailing or faxing the registration form to the facility, by phone via our IVR system (301-962-1477), or by internet (www.parkpass.org). See registration form on inside back cover. Sign up early to ensure best availability.

Ice skating and hockey lessons for all ages and abilities are offered at Cabin John Ice Rink and Wheaton Ice Arena. Course fees include either six 30-minute lessons or six 45-minute lessons. All lessons include a card for six practice sessions to be used during any public skating session, and the use of rental skates for both lessons and practices. Practice cards are valid only during the six-week lesson period until the start of the next lesson period. Practice cards are non-transferable, non-refundable, and lost cards will not be replaced.

Please read all course descriptions carefully. Select the course level for which the student has mastered all the prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. There are no make-ups or refunds for missed classes.

Tot

The Tot curriculum is designed for children ages 3-4 that would like to gain skating experience. Covers falling down and getting up, marching, swizzles, two-foot glides, and snowplow stops.

Tot 1

Students will learn the proper way to fall down and stand up, marching and marching while moving. Proper skate fitting will also be covered.

Cabin John Ice Rink

18301	3-4yrs	6 Classes	\$81	7/8	Sa	10:00am-10:30am
18302	3-4yrs	6 Classes	\$81	7/9	Su	1:00pm-1:30pm
18299	3-4yrs	6 Classes	\$81	7/12	W	10:00am-10:30am
18300	3-4yrs	6 Classes	\$81	7/13	Th	4:00pm-4:30pm

Wheaton Ice Arena

18049	3-4yrs	3 Classes	\$41	6/7	W	4:00pm-4:30pm
18050	3-4yrs	3 Classes	\$41	6/8	Th	4:15pm-4:45pm
18051	3-4yrs	3 Classes	\$41	6/9	F	4:15pm-4:45pm
18052	3-4yrs	3 Classes	\$41	6/9	F	5:30pm-6:00pm
18053	3-4yrs	3 Classes	\$41	6/10	Sa	10:15am-10:45am
18054	3-4yrs	3 Classes	\$41	6/10	Sa	10:45am-11:15am
18055	3-4yrs	3 Classes	\$41	6/11	Su	11:45am-12:15pm
18158	3-4yrs	6 Classes	\$81	7/12	W	4:00pm-4:30pm
18159	3-4yrs	6 Classes	\$81	7/13	Th	4:15pm-4:45pm
18160	3-4yrs	6 Classes	\$81	7/14	F	4:00pm-4:30pm
18161	3-4yrs	6 Classes	\$81	7/14	F	5:00pm-5:30pm
18162	3-4yrs	6 Classes	\$81	7/15	Sa	10:15am-10:45am
18163	3-4yrs	6 Classes	\$81	7/15	Sa	10:45am-11:15am
18164	3-4yrs	6 Classes	\$81	7/16	Su	11:45am-12:15pm

Tot 2

Prerequisite Tot 1. Students will learn two-foot jump in place, forward swizzles (moving and standing still), and beginning two-foot glide.

Cabin John Ice Rink

18304	3-4yrs	6 Classes	\$81	7/8	Sa	10:00am-10:30am
18305	3-4yrs	6 Classes	\$81	7/9	Su	1:30pm-2:00pm
18303	3-4yrs	6 Classes	\$81	7/12	W	4:00pm-4:30pm

Wheaton Ice Arena

18057	3-4yrs	3 Classes	\$41	6/8	Th	4:15pm-4:45pm
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18059	3-4yrs	3 Classes	\$41	6/10	Sa	10:45am-11:15am
18060	3-4yrs	3 Classes	\$41	6/11	Su	11:45am-12:15pm
18165	3-4yrs	6 Classes	\$81	7/13	Th	4:15pm-4:45pm
18166	3-4yrs	6 Classes	\$81	7/15	Sa	10:45am-11:15am
18167	3-4yrs	6 Classes	\$81	7/16	Su	11:45am-12:15pm

Tot 3

Prerequisite Tot 2. Students will learn forward swizzles, push and glide stroking, dip and preparation for the snow plow stop.

Cabin John Ice Rink

18307	3-4yrs	6 Classes	\$81	7/8	Sa	10:30am-11:00am
18308	3-4yrs	6 Classes	\$81	7/9	Su	1:00pm-1:30pm
18306	3-4yrs	6 Classes	\$81	7/10	M	4:00pm-4:30pm

Tot 4

Prerequisite Tot 3. Students will learn backward swizzles & wiggles, snow plow stop, and pushing from a T-position.

Cabin John Ice Rink

18309	3-4yrs	6 Classes	\$81	7/8	Sa	9:00am-9:30am
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Parent and Tot

This class will focus on introducing beginning skating skills to toddlers ages 3-4. Parents will participate in on-ice activities with their child. This class is recommended for those children who would like the extra support of mom or dad. Please register both parent and child. Course fee is \$40.50 each for parent and child.

Cabin John Ice Rink

18311	3yrs&up	6 Classes	\$81	7/8	Sa	9:00am-9:30am
18310	3yrs&up	6 Classes	\$81	7/11	Tu	10:00am-10:30am

For more information visit

www.cabinjohnice.com or

www.wheatonicearena.com



Pre-Alpha

This class is designed for beginners or those with 'minimal ice skating experience. Participants will learn how to fall down and get up, march, glide on two feet and properly tie and fit skates.

Pre-Alpha Preschool

Cabin John Ice Rink

18319	4-6yrs	6 Classes	\$81	7/7	F	4:30pm-5:00pm
18320	4-6yrs	6 Classes	\$81	7/8	Sa	9:00am-9:30am
18321	4-6yrs	6 Classes	\$81	7/8	Sa	11:00am-11:30am
18322	4-6yrs	6 Classes	\$81	7/8	Sa	12:15pm-12:45pm
18323	4-6yrs	6 Classes	\$81	7/9	Su	11:30am-12:00pm
18324	4-6yrs	6 Classes	\$81	7/9	Su	2:15pm-2:45pm
18313	4-6yrs	6 Classes	\$81	7/10	M	4:00pm-4:30pm
18314	4-6yrs	6 Classes	\$81	7/11	Tu	10:30am-11:00am
18315	4-6yrs	6 Classes	\$81	7/11	Tu	5:15pm-5:45pm
18316	4-6yrs	6 Classes	\$81	7/12	W	4:30pm-5:00pm
18317	4-6yrs	6 Classes	\$81	7/13	Th	10:00am-10:30am
18318	4-6yrs	6 Classes	\$81	7/13	Th	5:15pm-5:45pm

Wheaton Ice Arena

18048	3-5yrs	6 Classes	\$81	6/12	M,W,F	3:45pm-4:15pm
18083	3-5yrs	6 Classes	\$81	7/17	M,W,F	3:45pm-4:15pm
18066	4-6yrs	3 Classes	\$41	6/7	W	5:00pm-5:30pm
18067	4-6yrs	3 Classes	\$41	6/8	Th	5:00pm-5:30pm
18431	4-6yrs	3 Classes	\$41	6/9	F	4:15pm-4:45pm
18068	4-6yrs	3 Classes	\$41	6/10	Sa	10:15am-10:45am
18070	4-6yrs	3 Classes	\$41	6/11	Su	10:30am-11:00am
18063	4-6yrs	3 Classes	\$41	6/12	M	4:30pm-5:00pm
18176	4-6yrs	6 Classes	\$81	7/12	W	5:00pm-5:30pm
18178	4-6yrs	6 Classes	\$81	7/13	Th	5:00pm-5:30pm
18180	4-6yrs	6 Classes	\$81	7/14	F	4:00pm-4:30pm
18182	4-6yrs	6 Classes	\$81	7/15	Sa	10:15am-10:45am
18185	4-6yrs	6 Classes	\$81	7/16	Su	10:30am-11:00am
18173	4-6yrs	6 Classes	\$81	7/17	M	4:30pm-5:00pm

Pre-Alpha Youth

Cabin John Ice Rink

18329	7-12yrs	6 Classes	\$81	7/7	F	4:00pm-4:30pm
18330	7-12yrs	6 Classes	\$81	7/8	Sa	9:30am-10:00am
18331	7-12yrs	6 Classes	\$81	7/8	Sa	12:15pm-12:45pm
18332	7-12yrs	6 Classes	\$81	7/9	Su	12:30pm-1:00pm
18333	7-12yrs	6 Classes	\$81	7/9	Su	2:15pm-2:45pm
18325	7-12yrs	6 Classes	\$81	7/11	Tu	4:30pm-5:00pm
18326	7-12yrs	6 Classes	\$81	7/12	W	6:00pm-6:30pm
18327	7-12yrs	6 Classes	\$81	7/13	Th	10:00am-10:30am

Wheaton Ice Arena

18073	6-10yrs	3 Classes	\$41	6/7	W	5:00pm-5:30pm
18074	6-10yrs	3 Classes	\$41	6/8	Th	5:00pm-5:30pm
18075	6-10yrs	3 Classes	\$41	6/9	F	4:15pm-4:45pm
18076	6-10yrs	3 Classes	\$41	6/10	Sa	10:15am-10:45am
18077	6-10yrs	3 Classes	\$41	6/11	Su	10:30am-11:00am
18072	6-10yrs	3 Classes	\$41	6/12	M	4:30am-5:00am
18056	6-10yrs	6 Classes	\$81	6/12	M,W,F	3:45pm-4:15pm
18189	6-10yrs	6 Classes	\$81	7/12	W	5:00pm-5:30pm
18192	6-10yrs	6 Classes	\$81	7/13	Th	5:00pm-5:30pm
18195	6-10yrs	6 Classes	\$81	7/14	F	4:00pm-4:30pm
18197	6-10yrs	6 Classes	\$81	7/15	Sa	10:15am-10:45am
18199	6-10yrs	6 Classes	\$81	7/16	Su	10:30am-11:00am
18084	6-10yrs	6 Classes	\$81	7/17	M,W,F	3:45pm-4:15pm
18187	6-10yrs	6 Classes	\$81	7/17	M	4:30pm-5:00pm

Pre-Alpha Teen

Cabin John Ice Rink

18334	13-17yrs	6 Classes	\$81	7/11	Tu	6:45pm-7:15pm
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Wheaton Ice Arena

18137	12-17yrs	3 Classes	\$41	6/10	Sa	10:15am-10:45am
18169	12-17yrs	6 Classes	\$81	7/15	Sa	10:15am-10:45am

Pre-Alpha Adult

Cabin John Ice Rink

18337	18yrs&up	6 Classes	\$81	7/8	Sa	8:30am-9:00am
18336	18yrs&up	6 Classes	\$81	7/13	Th	7:45pm-8:15pm

Wheaton Ice Arena

18135	18yrs&up	3 Classes	\$41	6/10	Sa	10:15am-10:45am
18168	18yrs&up	6 Classes	\$81	7/15	Sa	10:15am-10:45am

Pre-Alpha Plus

Prerequisite Pre-Alpha. Participants will learn two and one foot glides, forward swizzles and backward swizzles.

Pre-Alpha Plus, Preschool

Cabin John Ice Rink

18344	4-6yrs	6 Classes	\$81	7/7	F	5:30pm-6:00pm
18345	4-6yrs	6 Classes	\$81	7/8	Sa	9:30am-10:00am
18346	4-6yrs	6 Classes	\$81	7/8	Sa	10:30am-11:00am
18347	4-6yrs	6 Classes	\$81	7/8	Sa	12:45pm-1:15pm
18348	4-6yrs	6 Classes	\$81	7/9	Su	11:30am-12:00pm
18338	4-6yrs	6 Classes	\$81	7/10	M	5:00pm-5:30pm
18339	4-6yrs	6 Classes	\$81	7/11	Tu	5:45pm-6:15pm
18340	4-6yrs	6 Classes	\$81	7/12	W	10:30am-11:00am
18341	4-6yrs	6 Classes	\$81	7/12	W	5:30pm-6:00pm
18342	4-6yrs	6 Classes	\$81	7/13	Th	4:00pm-4:30pm

Wheaton Ice Arena

18079	4-6yrs	3 Classes	\$41	6/7	W	4:00pm-4:30pm
18085	4-6yrs	3 Classes	\$41	6/8	Th	5:30pm-6:00pm
18080	4-6yrs	3 Classes	\$41	6/9	F	3:45pm-4:15pm
18081	4-6yrs	3 Classes	\$41	6/10	Sa	10:15am-10:45am
18082	4-6yrs	3 Classes	\$41	6/11	Su	11:15am-11:45am
18078	4-6yrs	3 Classes	\$41	6/12	M	5:00pm-5:30pm
18058	4-6yrs	6 Classes	\$81	6/12	M,W,F	3:45pm-4:15pm
18204	4-6yrs	6 Classes	\$81	7/12	W	4:00pm-4:30pm
18205	4-6yrs	6 Classes	\$81	7/13	Th	5:30pm-6:00pm
18208	4-6yrs	6 Classes	\$81	7/14	F	4:30pm-5:00pm
18210	4-6yrs	6 Classes	\$81	7/15	Sa	10:15am-10:45am
18212	4-6yrs	6 Classes	\$81	7/16	Su	11:15am-11:45am
18086	4-6yrs	6 Classes	\$81	7/17	M,W,F	3:45pm-4:15pm
18203	4-6yrs	6 Classes	\$81	7/17	M	5:00pm-5:30pm

Pre-Alpha Plus, Youth

Cabin John Ice Rink

18353	7-12yrs	6 Classes	\$81	7/7	F	5:30pm-6:00pm
18354	7-12yrs	6 Classes	\$81	7/8	Sa	9:00am-9:30am
18355	7-12yrs	6 Classes	\$81	7/9	Su	1:30pm-2:00pm
18349	7-12yrs	6 Classes	\$81	7/11	Tu	6:15pm-6:45pm
18350	7-12yrs	6 Classes	\$81	7/12	W	10:30am-11:00am
18351	7-12yrs	6 Classes	\$81	7/12	W	5:30pm-6:00pm
18352	7-12yrs	6 Classes	\$81	7/13	Th	6:15pm-6:45pm

Online Registration Recommended

Get you family account set up Early to ensure you have your account information and PIN prior to the registration date.

Now hiring Part Time Staff

Part-time work is available at Cabin John and Wheaton Ice Rinks. Cashiers and Rink Guards. Training is available. For information, contact the facility manager at the rink nearest you.

Wheaton Ice Arena

18095	6-10yrs	3 Classes	\$41	6/7	W	4:00pm-4:30pm
18096	6-10yrs	3 Classes	\$41	6/8	Th	5:30pm-6:00pm
18097	6-10yrs	3 Classes	\$41	6/9	F	3:45pm-4:15pm
18098	6-10yrs	3 Classes	\$41	6/10	Sa	10:15am-11:45am
18099	6-10yrs	3 Classes	\$41	6/11	Su	11:15am-11:45am
18094	6-10yrs	3 Classes	\$41	6/12	M	5:00pm-5:30pm
18062	6-10yrs	6 Classes	\$81	6/12	M,W,F	4:15pm-4:45pm
18215	6-10yrs	6 Classes	\$81	7/12	W	4:00pm-4:30pm
18216	6-10yrs	6 Classes	\$81	7/13	Th	5:30pm-6:00pm
18219	6-10yrs	6 Classes	\$81	7/14	F	4:30pm-5:00pm
18217	6-10yrs	6 Classes	\$81	7/15	Sa	10:15am-10:45am
18218	6-10yrs	6 Classes	\$81	7/16	Su	11:15am-11:45am
18089	6-10yrs	6 Classes	\$81	7/17	M,W,F	4:15pm-4:45pm
18214	6-10yrs	6 Classes	\$81	7/17	M	5:00pm-5:30pm

Pre-Alpha Plus, Teen**Cabin John Ice Rink**

18357	13-17yrs	6 Classes	\$81	7/11	Tu	6:45pm-7:15pm
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Wheaton Ice Arena

18064	10-14yrs	6 Classes	\$81	6/12	M,W,F	4:15pm-4:45pm
18090	10-14yrs	6 Classes	\$81	7/17	M,W,F	4:15pm-4:45pm
18139	12-17yrs	3 Classes	\$41	6/10	Sa	10:15am-10:45am
18171	12-17yrs	6 Classes	\$81	7/15	Sa	10:15am-10:45am

Pre-Alpha Plus, Adult**Cabin John Ice Rink**

18359	18yrs&up	6 Classes	\$81	7/8	Sa	8:30am-9:00am
18358	18yrs&up	6 Classes	\$81	7/13	Th	7:45pm-8:15pm

Wheaton Ice Arena

18138	18yrs&up	3 Classes	\$41	6/10	Sa	10:15am-10:45am
18170	18yrs&up	6 Classes	\$81	7/15	Sa	10:15am-10:45am

Alpha

Prerequisite: Pre-Alpha Plus. Students will learn proper forward stroking, forward crossovers and snowplow stops.

Alpha Preschool**Cabin John Ice Rink**

18369	4-6yrs	6 Classes	\$81	7/7	F	5:00pm-5:30pm
18370	4-6yrs	6 Classes	\$81	7/8	Sa	9:30am-10:00am
18371	4-6yrs	6 Classes	\$81	7/8	Sa	11:45am-12:15pm
18372	4-6yrs	6 Classes	\$81	7/9	Su	12:30pm-1:00pm
18365	4-6yrs	6 Classes	\$81	7/11	Tu	4:30pm-5:00pm
18366	4-6yrs	6 Classes	\$81	7/12	W	5:00pm-5:30pm
18367	4-6yrs	6 Classes	\$81	7/13	Th	10:30am-11:00am
18368	4-6yrs	6 Classes	\$81	7/13	Th	4:30pm-5:00pm

Wheaton Ice Arena

18100	4-6yrs	3 Classes	\$41	6/7	W	4:30pm-5:00pm
18101	4-6yrs	3 Classes	\$41	6/8	Th	4:15pm-4:45pm
18102	4-6yrs	3 Classes	\$41	6/8	Th	6:15pm-6:45pm
18103	4-6yrs	3 Classes	\$41	6/9	F	5:30pm-6:00pm
18104	4-6yrs	3 Classes	\$41	6/10	Sa	10:45am-11:15am
18105	4-6yrs	3 Classes	\$41	6/11	Su	11:15am-11:45am
18220	4-6yrs	6 Classes	\$81	7/12	W	4:30pm-5:00pm
18221	4-6yrs	6 Classes	\$81	7/13	Th	4:15pm-4:45pm
18222	4-6yrs	6 Classes	\$81	7/13	Th	6:15pm-6:45pm
18223	4-6yrs	6 Classes	\$81	7/14	F	5:00pm-5:30pm
18224	4-6yrs	6 Classes	\$81	7/15	Sa	10:45am-11:15am
18225	4-6yrs	6 Classes	\$81	7/16	Su	11:15am-11:45am

Alpha Youth**Cabin John Ice Rink**

18379	7-12yrs	6 Classes	\$81	7/7	F	4:30pm-5:00pm
18380	7-12yrs	6 Classes	\$81	7/8	Sa	9:00am-9:30am
18381	7-12yrs	6 Classes	\$81	7/8	Sa	11:45am-12:15pm
18382	7-12yrs	6 Classes	\$81	7/9	Su	12:30pm-1:00pm
18374	7-12yrs	6 Classes	\$81	7/10	M	4:30pm-5:00pm
18375	7-12yrs	6 Classes	\$81	7/11	Tu	5:15pm-5:45pm
18376	7-12yrs	6 Classes	\$81	7/12	W	6:00pm-6:30pm
18377	7-12yrs	6 Classes	\$81	7/13	Th	10:30am-11:00am
18378	7-12yrs	6 Classes	\$81	7/13	Th	5:45pm-6:15pm

Wheaton Ice Arena

18107	5-12yrs	3 Classes	\$41	6/7	W	4:30pm-5:00pm
18108	5-12yrs	3 Classes	\$41	6/8	Th	6:15pm-6:45pm
18109	5-12yrs	3 Classes	\$41	6/9	F	5:30pm-6:00pm
18110	5-12yrs	3 Classes	\$41	6/10	Sa	10:45am-11:15am
18111	5-12yrs	3 Classes	\$41	6/11	Su	11:15am-11:45am
18106	5-12yrs	3 Classes	\$41	6/12	M	5:00pm-5:30pm
18065	5-12yrs	6 Classes	\$81	6/12	M,W,F	5:00pm-5:30pm
18226	5-12yrs	6 Classes	\$81	7/12	W	4:30pm-5:00pm
18227	5-12yrs	6 Classes	\$81	7/13	Th	6:15pm-6:45pm
18228	5-12yrs	6 Classes	\$81	7/14	F	5:00pm-5:30pm
18229	5-12yrs	6 Classes	\$81	7/15	Sa	10:45am-11:15am
18230	5-12yrs	6 Classes	\$81	7/16	Su	11:15am-11:45am
18091	5-12yrs	6 Classes	\$81	7/17	M,W,F	5:00pm-5:30pm
18231	5-12yrs	6 Classes	\$81	7/17	M	5:00pm-5:30pm

Alpha Teen**Cabin John Ice Rink**

18384	13-17yrs	6 Classes	\$81	7/11	Tu	7:30pm-8:00pm
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Wheaton Ice Arena

18141	12-17yrs	3 Classes	\$41	6/10	Sa	10:15am-10:45am
18174	12-17yrs	6 Classes	\$81	7/15	Sa	10:15am-10:45am

Alpha Adult**Cabin John Ice Rink**

18386	18yrs&up	6 Classes	\$81	7/8	Sa	9:00am-9:30am
18385	18yrs&up	6 Classes	\$81	7/13	Th	8:15pm-8:45pm

Wheaton Ice Arena

18140	18yrs&up	3 Classes	\$41	6/10	Sa	10:15am-10:45am
18172	18yrs&up	6 Classes	\$81	7/15	Sa	10:15am-10:45am

Beta

Prerequisite Alpha. Students will learn backward stroking, backward crossovers and t-stops. Forward crossovers will also be reviewed.

Beta Preschool**Cabin John Ice Rink**

18391	4-6yrs	6 Classes	\$81	7/7	F	4:00pm-4:30pm
18392	4-6yrs	6 Classes	\$81	7/8	Sa	9:30am-10:00am
18393	4-6yrs	6 Classes	\$81	7/9	Su	12:00pm-12:30pm
18387	4-6yrs	6 Classes	\$81	7/10	M	4:30pm-5:00pm
18388	4-6yrs	6 Classes	\$81	7/11	Tu	4:00pm-4:30pm
18389	4-6yrs	6 Classes	\$81	7/12	W	4:30pm-5:00pm
18390	4-6yrs	6 Classes	\$81	7/13	Th	5:45pm-6:15pm

Lease an hour of ice time for your party, practices, or school groups. Call the facility for more information.

Beta Youth**Cabin John Ice Rink**

18399	7-12yrs	6 Classes	\$81	7/7	F	5:00pm-5:30pm
18400	7-12yrs	6 Classes	\$81	7/8	Sa	9:00am-9:30am
18401	7-12yrs	6 Classes	\$81	7/8	Sa	11:00am-11:30am
18402	7-12yrs	6 Classes	\$81	7/9	Su	12:00pm-12:30pm
18403	7-12yrs	6 Classes	\$81	7/9	Su	2:15pm-2:45pm
18395	7-12yrs	6 Classes	\$81	7/10	M	5:00pm-5:30pm
18396	7-12yrs	6 Classes	\$81	7/11	Tu	5:45pm-6:15pm
18397	7-12yrs	6 Classes	\$81	7/12	W	5:00pm-5:30pm
18398	7-12yrs	6 Classes	\$81	7/13	Th	4:30pm-5:00pm

Wheaton Ice Arena

18069	6yrs&up	6 Classes	\$81	6/12	M,W,F	5:00pm-5:30pm
18092	6yrs&up	6 Classes	\$81	7/17	M,W,F	5:00pm-5:30pm

Beta Teen**Cabin John Ice Rink**

18404	13-17yrs	6 Classes	\$81	7/11	Tu	7:30pm-8:00pm
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Wheaton Ice Arena

18143	12-17yrs	3 Classes	\$41	6/10	Sa	10:45am-11:15am
18177	12-17yrs	6 Classes	\$81	7/15	Sa	10:45am-11:15am

Beta Adult**Cabin John Ice Rink**

18407	18yrs&up	6 Classes	\$81	7/8	Sa	9:00am-9:30am
18406	18yrs&up	6 Classes	\$81	7/13	Th	8:15pm-8:45pm

Wheaton Ice Arena

18142	18yrs&up	3 Classes	\$41	6/10	Sa	10:45am-11:15am
18175	18yrs&up	6 Classes	\$81	7/15	Sa	10:45am-11:15am

Beta All Ages**Wheaton Ice Arena**

18113	5yrs&up	3 Classes	\$41	6/7	W	4:30pm-5:00pm
18115	5yrs&up	3 Classes	\$41	6/8	Th	6:15pm-6:45pm
18116	5yrs&up	3 Classes	\$41	6/9	F	5:00pm-5:30pm
18117	5yrs&up	3 Classes	\$41	6/10	Sa	10:45am-11:15am
18119	5yrs&up	3 Classes	\$41	6/11	Su	10:30am-11:00am
18206	5yrs&up	6 Classes	\$81	7/12	W	4:30pm-5:00pm
18207	5yrs&up	6 Classes	\$81	7/13	Th	6:15pm-6:45pm
18209	5yrs&up	6 Classes	\$81	7/14	F	5:00pm-5:30pm
18211	5yrs&up	6 Classes	\$81	7/15	Sa	10:45am-11:15am
18213	5yrs&up	6 Classes	\$81	7/16	Su	10:30am-11:00am

Gamma

Prerequisite Beta. Students will learn outside 3-turns, forward and backward mohawks and hockey stops. Forward and backward crossovers will also be reviewed.

Gamma Preschool**Cabin John Ice Rink**

18410	4-6yrs	6 Classes	\$81	7/8	Sa	9:30am-10:00am
18409	4-6yrs	6 Classes	\$81	7/12	W	4:00pm-4:30pm

Gamma Youth**Cabin John Ice Rink**

18415	7-12yrs	6 Classes	\$81	7/8	Sa	9:30am-10:00am
18416	7-12yrs	6 Classes	\$81	7/8	Sa	12:45pm-1:15pm
18417	7-12yrs	6 Classes	\$81	7/9	Su	12:00pm-12:30pm
18411	7-12yrs	6 Classes	\$81	7/10	M	5:30pm-6:00pm
18412	7-12yrs	6 Classes	\$81	7/12	W	4:00pm-4:30pm
18413	7-12yrs	6 Classes	\$81	7/13	Th	5:15pm-5:45pm

Gamma Teen**Cabin John Ice Rink**

18418	13-17yrs	6 Classes	\$81	7/13	Th	7:15pm-7:45pm
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Wheaton Ice Arena

18145	12-17yrs	3 Classes	\$41	6/10	Sa	10:45am-11:15am
18181	12-17yrs	6 Classes	\$81	7/15	Sa	10:45am-11:15am

Gamma Adult**Cabin John Ice Rink**

18419	18yrs&up	6 Classes	\$81	7/13	Th	8:45pm-9:15pm
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Wheaton Ice Arena

18144	18yrs&up	3 Classes	\$41	6/10	Sa	10:45am-11:15am
18179	18yrs&up	6 Classes	\$81	7/15	Sa	10:45am-11:15am

Gamma All Ages**Wheaton Ice Arena**

18121	5yrs&up	3 Classes	\$41	6/7	W	5:00pm-5:30pm
18122	5yrs&up	3 Classes	\$41	6/8	Th	6:15pm-6:45pm
18123	5yrs&up	3 Classes	\$41	6/9	F	5:00pm-5:30pm
18150	5yrs&up	3 Classes	\$41	6/10	Sa	10:45am-11:15am
18124	5yrs&up	3 Classes	\$41	6/11	Su	10:30am-11:00am
18190	5yrs&up	6 Classes	\$81	7/12	W	5:00pm-5:30pm
18191	5yrs&up	6 Classes	\$81	7/13	Th	6:15pm-6:45pm
18193	5yrs&up	6 Classes	\$81	7/14	F	4:30pm-5:00pm
18194	5yrs&up	6 Classes	\$81	7/15	Sa	10:45am-11:15am
18196	5yrs&up	6 Classes	\$81	7/16	Su	10:30am-11:00am
18071	6yrs&up	6 Classes	\$81	6/12	M,W,F	5:00pm-5:30pm
18093	6yrs&up	6 Classes	\$81	7/17	M,W,F	5:00pm-5:30pm

Celebrate with us!

Have your child's next birthday party at Cabin John Ice Rink or Wheaton Ice Arena. Both rinks have rooms available for small to medium sized parties. Party packages are available at Wheaton Ice Arena.



Delta

Prerequisite Gamma. Students will learn forward inside 3-turns, outside and inside edges, lunge and shoot the duck. Skills in the Alpha, Beta and Gamma levels will also be reviewed.

Delta Preschool

Cabin John Ice Rink

18421	4-6yrs	6 Classes	\$81	7/8	Sa	9:30am-10:00am
18420	4-6yrs	6 Classes	\$81	7/12	W	5:00pm-5:30pm

Delta Youth

Cabin John Ice Rink

18424	7-12yrs	6 Classes	\$81	7/8	Sa	9:30am-10:00am
18425	7-12yrs	6 Classes	\$81	7/9	Su	1:00pm-1:30pm
18422	7-12yrs	6 Classes	\$81	7/10	M	5:30pm-6:00pm
18423	7-12yrs	6 Classes	\$81	7/11	Tu	4:00pm-4:30pm

Delta Teen

Cabin John Ice Rink

18426	13-17yrs	6 Classes	\$81	7/13	Th	7:15pm-7:45pm
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Wheaton Ice Arena

18147	12-17yrs	3 Classes	\$41	6/10	Sa	10:45am-11:15am
18184	12-17yrs	6 Classes	\$81	7/15	Sa	10:45am-11:15am

Delta Adult

Cabin John Ice Rink

18427	18yrs&up	6 Classes	\$81	7/13	Th	8:45pm-9:15pm
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Wheaton Ice Arena

18146	18yrs&up	3 Classes	\$41	6/10	Sa	10:45am-11:15am
18183	18yrs&up	6 Classes	\$81	7/15	Sa	10:45am-11:15am

Delta All Ages

Wheaton Ice Arena

18126	All Ages	3 Classes	\$41	6/8	Th	6:15pm-6:45pm
18128	All Ages	3 Classes	\$41	6/9	F	5:30pm-6:00pm
18129	All Ages	3 Classes	\$41	6/10	Sa	10:45am-11:15am
18131	All Ages	3 Classes	\$41	6/11	Su	10:30am-11:30am
18061	All Ages	6 Classes	\$81	6/12	M,W,F	4:15pm-4:45pm
18198	All Ages	6 Classes	\$81	7/13	Th	6:15pm-6:45pm
18200	All Ages	6 Classes	\$81	7/14	F	4:30pm-5:00pm
18201	All Ages	6 Classes	\$81	7/15	Sa	10:45am-11:15am
18202	All Ages	6 Classes	\$81	7/16	Su	10:30am-11:30am
18088	All Ages	6 Classes	\$81	7/17	M,W,F	4:15pm-4:45pm

Freestyle

These courses cover the fundamentals of jumps and spins.

Freestyle 1

Prerequisite Delta. Students will learn backward edges, two-foot spin, waltz jump, forward pivot and 1/2 flip jump.

Cabin John Ice Rink

18434	5yrs&up	6 Classes	\$135	7/8	Sa	10:15am-11:00am
18433	5yrs&up	6 Classes	\$135	7/12	W	6:45pm-7:30pm

Wheaton Ice Arena

18112	5yrs&up	3 Classes	\$45	6/8	Th	6:45pm-7:15pm
18148	5yrs&up	6 Classes	\$90	7/13	Th	6:45pm-7:15pm

Freestyle 2

Prerequisite Freestyle 1. Students will learn spirals, 1/2 lutz jump, ballet jump, one foot spin and a dance step sequence.

Cabin John Ice Rink

18436	5yrs&up	6 Classes	\$135	7/8	Sa	10:15am-11:00am
18435	5yrs&up	6 Classes	\$135	7/12	W	7:30pm-8:15pm

Wheaton Ice Arena

18114	5yrs&up	3 Classes	\$45	6/8	Th	6:45pm-7:15pm
18149	5yrs&up	6 Classes	\$90	7/13	Th	6:45pm-7:15pm

Freestyle 3

Prerequisite Freestyle 2. Students will learn backward pivots, salchow jump, toe loop jump, back spirals, change foot spin and dance step sequence.

Cabin John Ice Rink

18438	18yrs&up	6 Classes	\$135	7/11	Tu	9:30pm-10:15pm
18437	5yrs&up	6 Classes	\$135	7/8	Sa	10:15am-11:00am

Wheaton Ice Arena

18118	5yrs&up	3 Classes	\$45	6/8	Th	6:45pm-7:15pm
18151	5yrs&up	6 Classes	\$90	7/13	Th	6:45pm-7:15pm

Freestyle 4

Prerequisite Freestyle 3. Students will learn flip and loop jumps, sit spin, backward spirals and dance step sequence.

Cabin John Ice Rink

18439	5yrs&up	6 Classes	\$135	7/8	Sa	11:00am-11:45am
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Wheaton Ice Arena

18120	5yrs&up	3 Classes	\$45	6/8	Th	7:15pm-7:45pm
18152	5yrs&up	6 Classes	\$90	7/13	Th	7:15pm-7:45pm

Freestyle 5

Prerequisite Freestyle 4. Students will learn lutz and axel jumps, camel and back scratch spins, and dance step sequence.

Cabin John Ice Rink

18440	5yrs&up	6 Classes	\$135	7/8	Sa	11:00am-11:45am
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Wheaton Ice Arena

18125	5yrs&up	3 Classes	\$45	6/8	Th	7:15pm-7:45pm
18153	5yrs&up	6 Classes	\$90	7/13	Th	7:15pm-7:45pm

Freestyle 6

Prerequisite Freestyle 5. Students will learn split, falling leaf, or stag jump, combination jumps, double salchow, layback, and spin combinations.

Wheaton Ice Arena

18127	6yrs&up	3 Classes	\$45	6/8	Th	7:15pm-7:45pm
18154	6yrs&up	6 Classes	\$90	7/13	Th	7:15pm-7:45pm

Freestyle 7

Prerequisite Freestyle 6. Students will learn combination jumps, jumps in opposite directions, flying camel spins, and sequenced double toe loops and double toe walleyes.

Wheaton Ice Arena

18130	5yrs&up	3 Classes	\$45	6/8	Th	7:15pm-7:45pm
18155	5yrs&up	6 Classes	\$90	7/13	Th	7:15pm-7:45pm

Visit our well stocked pro shops for skates, equipment, and apparel for both hockey and figure skaters.



Hockey

Students will learn the fundamentals of hockey skating and stick handling. Hockey equipment required. Please contact facility or visit website for details.

Beginner

Wheaton Ice Arena

18133	4yrs&up	3 Classes	\$41	6/10	Sa	10:45am-11:15am
18186	4yrs&up	6 Classes	\$81	7/15	Sa	10:45am-11:15am

Advanced

Wheaton Ice Arena

18136	4yrs&up	3 Classes	\$68	6/11	Su	9:45am-10:30am
18188	4yrs&up	6 Classes	\$135	7/16	Su	9:45am-10:30am

Hockey 1

Prerequisite Pre-Alpha. Course covers gliding, swizzles, pivot turns, snowplow stops and beginning stick handling.

Cabin John Ice Rink

18457	9yrs&up	6 Classes	\$81	7/8	Sa	8:00am-8:30am
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Hockey 2

Prerequisite Hockey 1. Course covers striding, forward crossovers, one-foot snowplow stops, beginning backward crossovers and stick handling.

Cabin John Ice Rink

18458	9yrs&up	6 Classes	\$135	7/8	Sa	9:15am-10:00am
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Hockey 3

Prerequisite Hockey 2. Course covers forward & backward crossovers, T-stops, V-stops, Hockey stops and stick handling.

Cabin John Ice Rink

18459	9yrs&up	6 Classes	\$135	7/8	Sa	8:30am-9:15am
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Hockey 4

Prerequisite Hockey 3. Course covers forward & backward crossovers, edges, passing, basic game play and stick handling.

Cabin John Ice Rink

18460	9yrs&up	6 Classes	\$135	7/8	Sa	8:30am-9:15am
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Parent and Tot Hockey

A great introduction to hockey for parents and their children (ages 3-5). What's better than learning to pass the puck to mom or dad? Basic skating and stick handling skills will be covered. Children must have passed Tot I or II before registering. Please register both parent and child. Course fee is \$40.50 each for parent and child.

Cabin John Ice Rink

18455	3yrs&up	6 Classes	\$81	7/8	Sa	8:30am-9:00am
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Mitey Mites Hockey 1

Prerequisite Tot 3 or Pre-Alpha in HOCKEY skates. Course covers gliding, swizzles, pivot turns, snowplow stops and beginning stick handling.

Cabin John Ice Rink

18446	4-5yrs	6 Classes	\$81	7/8	Sa	10:00am-10:30am
18445	4-5yrs	6 Classes	\$81	7/13	Th	4:00pm-4:30pm
18448	6-9yrs	6 Classes	\$135	7/8	Sa	9:15am-10:00am
18447	6-9yrs	6 Classes	\$81	7/11	Tu	4:45pm-5:15pm

Mitey Mites Hockey 2

Prerequisite Mitey Mites 1 or Pre-Alpha Plus in HOCKEY skates. Course covers striding, swizzles, pivot turns, backward swizzles, beginning forward crossovers, snowplow stops and stick handling.

Cabin John Ice Rink

18451	4-9yrs	6 Classes	\$135	7/8	Sa	8:30am-9:15am
18449	4-9yrs	6 Classes	\$135	7/11	Tu	5:15pm-6:00pm
18450	4-9yrs	6 Classes	\$135	7/13	Th	4:30pm-5:15pm

Mitey Mites Hockey 3

Prerequisite Mitey Mites 2. Course covers striding, beginning forward crossovers, snowplow stops, beginning backward crossovers and stick handling.

Cabin John Ice Rink

18454	4-9yrs	6 Classes	\$135	7/8	Sa	7:45am-8:30am
18452	4-9yrs	6 Classes	\$135	7/11	Tu	4:00pm-4:45pm
18453	4-9yrs	6 Classes	\$135	7/13	Th	5:15pm-6:00pm

Specialty Offerings

Jump & Spin

This specialty class covers specific techniques of jumps and spins in the Freestyle levels. Each class will focus on the needs of the skaters. Students must be in Freestyle in order to register.

Jump/Spin for Freestyle 1, 2, or 3

Cabin John Ice Rink

18442	5yrs&up	6 Classes	\$90	7/8	Sa	11:15am-11:45am
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Jump/Spin for Freestyle 3, 4 or 5

Cabin John Ice Rink

18441	5yrs&up	6 Classes	\$90	7/8	Sa	10:30am-11:00am
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Moves/Edges

These classes are for the Delta level and higher skater. Classes will cover edge quality, extensions and preciseness of skating movements. USFS moves in the field patterns will also be covered.

Moves/Edges, Beginning

Cabin John Ice Rink

18443	8yrs&up	6 Classes	\$135	7/11	Tu	8:00pm-8:45pm
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Wheaton Ice Arena

18132	6yrs&up	3 Classes	\$45	6/8	Th	6:45pm-7:15pm
18156	6yrs&up	6 Classes	\$90	7/13	Th	6:45pm-7:15pm

Moves/Edges, Intermediate

Cabin John Ice Rink

18444	8yrs&up	6 Classes	\$135	7/11	Tu	8:45pm-9:30pm
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Off Ice Conditioning

Muscle strengthening and jump execution control.

Wheaton Ice Arena

18134	6yrs&up	3 Classes	\$45	6/8	Th	7:45pm-8:15pm
18157	6yrs&up	6 Classes	\$90	7/13	Th	7:45pm-8:15pm



Nature Facilities

Montgomery County Parks has four Nature Facilities throughout different areas of the County. Each offers a unique experience with varied programming, locations, and settings!

Black Hill Visitor Center

Boys, MD 301-916-0220

www.blackhillnature.org

Located on the shores of Little Seneca Lake, Black Hill Visitor Center offers some of the most scenic views in Montgomery County. Join our naturalist staff and share in discoveries that range from scenic vistas to local wildlife, geologic formations, and man's historic and prehistoric past. Learn how to kayak, canoe and fish; observe beavers, bats, fish and over 170 bird species on our wildlife pontoon boat cruise; prowl around in search of salamanders, snakes, frogs, and flying squirrels; and view star clusters, meteor showers and nebulas through our telescopes.

Brookside Nature Center

Wheaton, MD 301-946-9071

www.brooksidenature.org

Nestled within Wheaton Regional Park, Brookside Nature Center offers hands-on, naturalist-led educational experiences for organized groups and the general public. The pioneer homestead, wildlife viewing areas, self-guided trail, accessible interpretive boardwalk, and native landscape gardens add to the center's uniqueness. On-site exhibits showcase local natural and cultural history.

Locust Grove Nature Center

Bethesda, MD 301-290-1990

www.locustgrovenature.org

Located in Cabin John Regional Park, Locust Grove Nature Center offers natural and cultural history programs for adults and children of all ages. Come visit our live animals exhibits, join us for an educational walk, explore miles of trails through woodlands and meadows, or see what's swimming in Cabin John creek.

Meadowside Nature Center

Rockville, MD 301-924-4141

www.meadowsidenature.org

Located in Rock Creek Regional Park, Meadowside Nature Center offers hands-on natural and cultural history programs for families, schools, and scouts. Join us for a morning on the lake, or a story time on butterflies or box turtles. Experience life on the farm, take a guided night hike through the woods, enjoy our trails, or visit our owls, hawks and American Bald Eagle in our Raptor Aviaries. Crawl through a bat cave or look at the world from a fish's point of view in our Legacy of the Land exhibit. Enjoy hands-on exhibits and visit live animals in our Curiosity Corner discovery room and Legacy of the People exhibits.

Summer Happenings at the Agricultural History Farm Park!

18400 Muncaster Road, Derwood, MD 20855

Montgomery County Heritage Days
Saturday, June 24 and Sunday, June 25, 2006

Come to the Agricultural History Farm Park and enjoy hayrides and wheat binding demonstrations while learning about Montgomery County's Agricultural Heritage Reserve. The Back in Time 4-H club will be there providing animal education and old fashioned games. There will be live animals, farm machinery and so much more! No fee. No reservations required.

M-NCPPC Archaeology Summer Workshops for Adults

Did you ever want to know what archaeologists do? Archaeology Field Session participants will be introduced to archaeology as you work side-by-side with Park Archaeologists on an archaeological site. Participants learn in a small group, hands-on setting. Activities include: Excavation, lab, projects, and a field trip. For more info: call 301-840-5848.

When: Session I: August 7-11, 2006 Session II: August 14-18, 2006

Where: The Needwood Mansion, Derwood, Maryland

Time: 9:00am-3:00pm

Fee: \$30 a day or \$80 for 3 + days for each session (checks payable to M-NCPPC)



During inclement weather, Nature Facilities follow Montgomery County Public School closures, delayed openings and early releases for the safety of our staff and visitors. If school is closed for inclement conditions, our programs are cancelled.



Black Hill Visitor Center

Black Hill Regional Park
301-916-0220

20926 Lake Ridge Dr. Boyds, MD 20841
www.blackhillnature.org

Center is open Monday through Friday 11am to 6pm, Saturday and Sunday 11am to 5pm
Trails are open Daily 6am to Dusk

Children/Youth

School's Out Fishing Workshop & Contest

Maximum fun and excitement as we teach basics to get you going and catch fish!!! We'll share secret tips, techniques and lure choices that will put you on fish!!! Contest with prizes!! Two age groups 6-8 yrs and 10-15 yrs. ParkPASS registration required. FOBH Fee \$10.

18271 6-15yrs 1 Class \$12 6/15 Th 4:30pm-8:30pm

Fly Fishing Workshop For Youth

The Seneca Valley Chapter of Trout Unlimited and the Parks Department are co-sponsoring a free fly fishing workshop and picnic. All equipment, hands-on instruction and picnic foods provided. Meet at Izaak Walton League Pond. FREE but ParkPASS registration required.

18274 10-17yrs 1 Class FREE 6/17 Sa 8:00am-11:30am

Fishing For Small Fry!!!

A cane pole, hook, bobber and a juicy worm are all you need to catch lots of fun and fish! We provide it all! Meet at Penneyfield Lock on the C & O Canal. ParkPASS registration required. FOBH \$6.

18285 4-6yrs 1 Class \$8 8/8 Th 8:00am-10:15am

End of Summer Fishing Workshop & Contest!

Catch some last minute 'Fin and Fun' with some 'Never Fail' lures and techniques demonstration followed by an exciting contest with prizes! There are two contest sections: 6-8 yr. & 9-15 yr. ParkPASS registration required. FOBH \$10.

18294 6yrs&up 1 Class \$12 8/24 Th 5:00pm-8:15pm

Programs For All

Kayak Safari

An introduction to kayaks with instruction by an ACA certified instructor to get you going. Tour Little Seneca Lake and enjoy the scenery and wildlife. All necessary boating equipment is provided. Participants must be swimmers. Meet at Black Hill Boat Rental. ParkPASS registration required. FOBH \$7.

17858 12yrs&up 1 Class \$9 6/1 Th 7:00pm-8:30pm

17860 12yrs&up 1 Class \$9 6/13 Tu 7:00pm-8:30pm

17864 12yrs&up 1 Class \$9 7/6 Th 7:00pm-8:30pm

17865 12yrs&up 1 Class \$9 8/3 Th 7:00pm-8:30pm

Friends of Black Hill receive a discount to the nature programs. The discounted fee is not listed here. Visit www.parkpass.org to see all the nature program listings and the Friends discounted fees.

Kayaking Lakeshore Litter Clean-Up

FREE but ParkPASS registration is required for kayakers only. If you are planning to walk along the lakeshore and do trash pickup rather than kayak, please do NOT register on ParkPASS. Walkers please RSVP and leave a message with the number of persons in your party directly to Steve Radov at # 301-444-3123. Students/scouts seeking volunteer service hours, please contact Steve Radov as well. Join the Volunteers and Friends of Black Hill Nature Programs to pick up trash along the lakeshore while having fun kayaking. Come and help out for as long as you would like. Bring your own kayak Rental.

17449 12yrs&up 1 Class FREE 6/4 Su 12:00pm-5:00pm

Beginning Recreational Kayaking

An instructional class to teach beginner paddlers on flat water in solo kayaks. No rolling required! Basic strokes, entries, exits, boat control and familiarization with kayak characteristics, & associated equipment. Patient instruction and all necessary equipment provided. Participants must be swimmers. Meet at Black Hill Boat Rental. ParkPASS registration is required. FOBH \$10.

17750 12yrs&up 1 Class \$12 6/10 Sa 3:00pm-5:00pm

17851 12yrs&up 1 Class \$12 7/8 Sa 3:00pm-5:00pm

17853 12yrs&up 1 Class \$12 7/29 Sa 3:00pm-5:00pm

17854 12yrs&up 1 Class \$12 8/12 Sa 3:00pm-5:00pm

Wildlife Watching Pontoon Boat Cruise

Join the naturalist aboard the pontoon boat as we cruise the shoreline looking for beaver, deer, herons, geese, osprey, otter, bats, beavers and other wildlife attracted to the habitat nourished by Little Seneca Lake. Fee is per person. Meet at Black Hill Boat Rental. ParkPASS registration is required. Fee \$6, FOBH \$5.

17752 6yrs&up 1 Class \$6 6/10 Sa 7:15pm-8:45pm

17753 6yrs&up 1 Class \$6 6/24 Sa 7:30pm-9:00pm

17754 6yrs&up 1 Class \$6 7/8 Sa 7:15pm-8:45pm

17755 6yrs&up 1 Class \$6 7/29 Sa 7:00pm-8:30pm

17756 6yrs&up 1 Class \$6 8/12 Sa 6:45pm-8:15pm

Sherbert Ice Cream Pontoon Boat Cruise

Sit back and savor cool, refreshing sherbert in different fruity flavors as you cruise the lake catching the breeze. Enjoy the singing birds, colorful butterflies, flashing dragonflies, basking turtles and beautiful wildflowers. Meet at the Black Hill Boat Rental. ParkPASS registration required. FOBH \$4.

18276 3yrs&up 1 Class \$5 6/20 Tu 10:00am-11:30am

Pontoon Boat Tour: Bottom Dwellers!!!

What lies beneath?! Find out today using our underwater video camera and watching what appears on our onboard video monitor!! Meet at the Black Hill Boat Rental. ParkPASS registration is required. FOBH \$5.

18280 5yrs&up 1 Class \$6 6/22 Th 1:00pm-3:00pm

Can You Canoe?

Learn the basic strokes and safe practices for America's native watercraft, the canoe. Patient instruction and all necessary equipment provided. Youth are required to be accompanied by a parent/adult guardian. Fee is per person. Meet at the Black Hill Boat Rental. ParkPASS registration required. FOBH \$10.

17748	12yrs&up	1 Class	\$12	6/24	Sa	10:00am-12:00pm
17749	12yrs&up	1 Class	\$12	7/29	Sa	10:00am-12:00pm
17856	12yrs&up	1 Class	\$12	8/26	Sa	10:00am-12:00pm

The Good Karma Kayak Cruise!

Glide through the clean and clear water in our user friendly kayaks finding tranquility and beauty. There will be summer flowers glowing in the sunset light, beavers paddling about lazily and other mellow wildlife. Dessert provided. Paddling experience is required since this is not an instructional class. Participants must be swimmers. ParkPASS registration required. Meet at Black Hill Boat Rental. FOBH \$10.

18268	12yrs&up	1 Class	\$12	6/7	W	6:00pm-9:00pm
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Pontoon Boat Cruise Bats!!

Ride the pontoon boat into the darkening night and watch the bats flit overhead as they hunt down insect prey using their ultrasonic sonar system. Listen in on 'bat talk' with our special ultrasonic transducer, the Mini-3 Bat Detector! Meet at the Black Hill Boat Rental. ParkPASS registration required. FOBH \$6.

18282	5yrs&up	1 Class	\$8	7/7	F	8:00pm-10:00pm
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Twilight Canoe Or Kayak

Choose your craft for a gentle tour around the lake at the twilight hour. Boats and all necessary equipment provided. Not an instructional program; prior paddling experience is required. Youth ages 12 -17 must be accompanied by an adult. Participants must be swimmers. Meet at the Boat Rental area. ParkPASS registration required. FOBH \$10.

17898	12yrs&up	1 Class	\$12	8/23	W	7:00pm-9:00pm
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The Ice Cream Sundae**Pontoon Boat Cruise**

Delicious way to say goodbye to summer as you scarf down ice cream, cool off and cruise the lake in search of fish, flowers and wildlife! We will feed our fish friends too with a giant food balls and watch them eat with the new underwater camera and onboard video monitor! Binoculars supplied. Meet at Black Hill Boat Rental. ParkPASS registration required. FOBH \$4.

18295	5yrs&up	1 Class	\$6	8/25	F	12:00pm-1:30pm
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Saturn, Mars & Beehive Cluster Together!

Not to be missed, stunning conjunction of Planets and the Spectacular swarming Beehive (M44) Star Cluster, plus take a cruise down the River Of Stars to the Center of The Milky Way Galaxy and see the lurking Scorpion lying within! Mega binoculars and Volunteer-operated telescopes provided! Milky Way Snack! Back-up cloudy skies indoor slide program and lecture. FREE but ParkPASS registration is required.

18275	6yrs&up	1 Class	FREE	6/17	Sa	9:00pm-11:00pm
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Blackberries And Ice Cream**Picking Party**

Go picking and collect nature's sweet bounty and eat berries like a Box Turtle or Fox! Top with delicious vanilla ice cream and scarf down the fruit of your labors! Fee \$8, FOBH \$6.

18284	6yrs&up	1 Class	\$8	8/3	Th	10:00am-12:00pm
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Monster Frog Search!!!

Wade around at night around the marshy shores of Little Seneca Lake looking for enormous frogs!! Sneak through mud, hydrilla and darkness with a flashlight and net to catch and safely release the biggest bullfrogs of the lake! ParkPASS registration required. FOBH \$6.

18288	8yrs&up	1 Class	\$8	8/10	Th	8:30pm-10:30pm
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Storytime On The Boat**Leaping Lizards!**

Learn all about our quick, sharp-toed friends living in amongst the rocks. Make a cool, take-home lizard craft with movable legs and a bright blue tail! For ages 3 -6 yrs old. Meet at Black Hill Boat Rental. ParkPASS registration required. FOBH \$3.

18272	3yrs-6yrs	1 Class	\$4	6/16	F	10:00am-11:15am
18273	3yrs-6yrs	1 Class	\$4	6/16	F	1:30pm-2:45pm

MudBugs!

They sneak, crawl and snap you up in their hooked jaws and gobble you down! They are the amazing baby dragonflies called 'Mudbugs'! We will collect some along the edge of the lake, then cruise the lake in search of grown-up mudbugs, the Dragonflies! Plus make a really cool Mudbug craft to go the refrigerator! Mud snack served! For ages 3 -6 years. Meet at the Black Hill Boat Rental. ParkPASS registration required. FOBH \$3.

18287	3yrs-6yrs	1 Class	\$4	8/9	W	10:00am-11:15am
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Dragonflies!!!

Cruise on the pontoon boat. Listen to stories. Search for these fierce hunters of the skies who patrol the marshy edges of the lake. Catch the flash of their bright wings as they capture insects on the wing, crunching them to bits in their strong jaws!! Make super realistic flying dragonfly! For ages 3 -6 yrs old. Meet at Black Hill Boat Rental. ParkPASS registration required. Fee \$4, FOBH \$3.

18286	3yrs-6yrs	1 Class	\$4	8/9	W	1:30pm-2:45pm
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Crayfish!

They came, they crawled and they ate whatever they wanted with their claws until Mr. Bass sucked them down! First we will round up some crayfish along the edge of the lake, cruise the shore of the lake in search of their burrows, learn some amazing 'craytoids', then make a take-home magnetic crayfish to dress up the refrigerator! For ages 3-6 yrs old. Meet at Black Hill Boat Rental. ParkPASS registration required. Fee \$ 4, FOBH \$3.

18293	3yrs-6yrs	1 Class	\$4	8/23	W	1:00pm-2:15pm
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Perseids Meteor Shower Viewing!

Catch a falling star and see the amazing show as itty bitty rocks from space splash beautifully above us in the heavens! Easy viewing on our giant plastic tarp! Chocolate Meteorites! Mega binoculars and volunteer-operated scopes for viewing. Back-up cloudy sky indoor program. FREE but ParkPASS registration is required.

18290 6yrs&up 1 Class FREE 8/12 Sa 10:00pm-11:30pm

Journey To The Milky Way Galaxy's Center

Magic unfolds overhead as the 'River Of Stars' leads you through the Summer Triangle full of Double Stars, Clusters and on your way to the Heart Of The Milky Way Galaxy--the Central Hub, packed full of spectacular open and globular clusters and nebulas where stars are being born! Mega binoculars& Vol. Scopes provided! Milky Way bars served. Cloudy sky backup program. FREE but ParkPASS registration required.

18292 6yrs&up 1 Class FREE 8/22 Tu 9:00am-10:30pm

Save Our Baltimore Checkerspot Butterfly

MD's official state butterfly, the Baltimore Checkerspot, is declining throughout the Mid-Atlantic. Marylanders are joining together in an effort to learn how to save this colorful wetlands butterfly. Guest speaker Pat Durkin will discuss current preservation/restoration efforts. Learn about the Baltimore's life history, and how you and your family can become involved in saving this butterfly. FREE but ParkPASS registration is required.

18248 16yrs&up 1 Class FREE 6/20 Tu 7:00pm-8:30pm

Friends Of Black Hill Monthly Meetings

The public is invited to attend the meetings of the Friends of Black Hill Nature Programs. Join in discussions involving park programs and issues. Included is a presentation by a naturalist. Free. No registration required.

18251 6yrs&up 1 Class FREE 6/27 Tu 6:30pm-8:30pm

18259 6yrs&up 1 Class FREE 7/25 Tu 6:30pm-8:30pm

18261 6yrs&up 1 Class FREE 8/22 Tu 6:30pm-8:30pm

A Birdwalk For Families

Free but ParkPASS registration is required. Join Beth and Keith Hamilton, birders, educators, and owners of the Wild Birds Unlimited store in Germantown, for an afternoon of birdwatching fun on park trails. Bring binoculars.

17453 6yrs&up 1 Class FREE 6/11 Su 1:00pm-2:00pm

17454 6yrs&up 1 Class FREE 7/9 Su 1:00pm-2:00pm

17455 6yrs&up 1 Class FREE 8/13 Su 1:00pm-2:00pm

Afternoon Family Adventure: The Meadow

Volunteer Naturalists will lead a short trail walk. Activities for children will help them focus on the natural world. Bring carriers for babies; no strollers. Bring snack for rest break. Kid-friendly binoculars and hand lenses provided. Meet at Little Bennett Regional Park, Kingsley Schoolhouse Trail Parking lot. ParkPASS registration required. Fee: \$6 for family of 5 or fewer, FOBH \$5 for same.

18250 1yrs&up 1 Class \$6 6/24 Sa 11:00am-12:30pm

Afternoon Family Adventure: The Stream

Volunteer Naturalists will lead a short trail walk. Activities for children will help them focus on the natural world. Bring carriers for babies; no strollers. Bring snack for rest break and wear shoes for water/mud. Kid-friendly binoculars and hand lenses provided. Meet at Little Bennett Regional Park, Kingsley Schoolhouse Trail Parking lot. ParkPASS registration required. Fee: \$6 for family of 5 or fewer, FOBH \$5 for same.

18252 1yrs&up 1 Class \$6 7/8 Sa 11:00am-12:30pm

Afternoon Family Adventure: Lakeshore

Volunteer Naturalists will lead a short trail walk. Activities for children will help them focus on the natural world. Bring carriers for babies; no strollers. Bring snack for rest break and wear shoes for water/mud. Kid-friendly binoculars and hand lenses provided. Meet: gravel parking lot across above Black Hill Boat Launch Ramp. ParkPASS registration is required. Fee \$6 for family of 5 or fewer, FOBH \$5 for same.

18258 1yrs&up 1 Class \$6 7/22 Sa 11:00am-12:30pm

Family Van Trip: Magical Mystical Fireflies

Catch the magic of Fireflies and all things that glow in the Dark! Start the night out right by making the famous, really cool, anatomically correct flying/ glowing firefly, then travel by van to the naturalist's secret mystical spot where you will see thousands of fireflies! Bring your camera and leave with awe! Maybe you will see some flying Fairies mixed in too! ParkPASS registration required. FOBH \$10.

18270 5yrs&up 1 Class \$12 6/13 Tu 8:30pm-10:30pm

Family Van Trip: Perry the Ram & Animals

Travel to Sunny View Farm to meet, greet and feed Perry and Bucky who are Soay rams. This breed of sheep is one of the most threatened breeds in the world and originates from a 245 acre volcanic island! Meet 'Q' the giant goat and his companion dwarf African pygmy goat friends who have uniquely twisted horns and very amusing antics!! Pet the fuzzy wool of sheep Rachel, Daniel, Brianne and Nicole. ParkPASS registration required. FOBH \$5.

18281 6yrs&up 1 Class \$6 7/6 Th 10:00am-12:30pm

Looking for a naturalist-led group program for your preschool, school, home school, college, community group, scout group, birthday party, reunion, or office?

Please visit www.blackhillnature.org for a listing of program topics and fees or call the facility for more information.

The Black Hill Visitor Center Friends Group supports, promotes, and sustains the nature programs and special events.

For more information, contact the facility or visit their websites at www.blackhillnature.org.

BECOME A
FRIEND of
the Black Hill
Nature
Program!

Adults

S.O.L. Picnic Dinner Pontoon Boat Cruise

Drift without power into darkness and slowly sink to the sounds of Nature... Not Really! Enjoy a fun evening of stories on the lake and wildlife viewing in golden light of sunset! Bring your own picnic dinner and beverages. A golden dessert will be provided as part of your Last Meal. Meet at Black Hill Boat Rental. ParkPASS registration is required. FOBH \$6.

18264 18yrs&up 1 Class \$8 6/2 F 7:00pm-9:00pm

Van Trip Mason Dixon Country Roads

The ultimate back roads adventure as the naturalist takes you to his favorite Nooks and Crannies, scenic gems, small towns and churches through the beautiful rolling hills of rural upper Frederick, Carroll and Adams counties. Stops at antique stores and flea markets. ParkPASS registration required. FOBH \$20.

18267 18yrs&up 1 Class \$25 6/6 Tu 8:00am-6:30pm

Kayak River Trip: The Monocacy

Kick back and float down State of Md. designated Scenic River, the Monocacy, in our user-friendly, recreational kayaks and glide through fun gravel runs and rock gardens past beautiful purple/ red sandstone, shale & mudstone cliffs! Abundant wildlife, big fish schools, ancient Indian fish weirs and majestic Sycamore trees! Tasty shore lunch provided! This trip will be on moving water not to exceed Class I in difficulty. Participants must be swimmers and have kayaking experience as well as be able to be comfortable kayaking in flatwater situations for lengths of time. Kayaks, necessary equipment & van transportation to and from Black Hill Regional Park are provided. Youth ages 12 -17 must be accompanied by an adult. ParkPASS registration required. FOBH \$43.

18269 18yrs&up 1 Class \$48 6/10 Sa 8:00am-6:30pm

Van Trip: Morning Coffee On The Farm

Enjoy a breakfast meeting with the friendly farm animals at Star Gazing Farm Animal Sanctuary in Boyds. Meet turkeys, ducks, roosters, sheep, equines, steers, a potbellied pig, and Newmann the goat! You will be entertained by their amazing and funny stories. Learn about how the farm processes sheep's wool into crafts to support its operation. Coffee and pastries provided. Raindate: June 16. ParkPASS Registration is required. FOBH \$10.

17456 18yrs&up 1 Class \$12 6/12 M 9:30am-12:00pm

Van Trip: Diamondback Terrapin Sanctuary

Register early on ParkPASS for this popular trip! Marguerite Whilden, founder of the Diamondback Terrapin Institute will give us a behind-the-scenes tour of her turtle rescue /rearing facility. See live turtles and learn about conservation measures to protect them. Visit the protected 'Living Shoreline' park to see where our increasingly rare Maryland state turtle lays eggs. Bring a bag lunch. FOBH \$16.

17457 18yrs&up 1 Class \$20 6/19 M 8:30am-4:30pm

Basics Of Freshwater Fishing

From the basics of choosing and using rods and reels, setting up baits and lures, to handling the fish, this hands-on workshop on the shores of Little Seneca Lake will get you going! Limited loaner tackle can be provided. MD fishing license required. FOBH \$ \$11.

17751 18yrs&up 1 Class \$14 7/2 Su 5:00pm-8:00pm

Adult Hike: Hoyles Mill Butterflies

We may observe about two dozen butterfly species, including the rare giant swallowtail. Participants may also see butterfly eggs and caterpillars. Butterfly checklist provided. FOBH \$8.

18253 18yrs&up 1 Class \$10 7/11 Tu 10:00am-12:30pm

18257 18yrs&up 1 Class \$10 7/18 Tu 10:00am-12:30pm

Birding By Boat

ParkPASS registration required. Birding from the pontoon boat is relaxing and affords excellent close-up views of herons, egrets, kingfishers, ducks, orioles, and warblers. Bring your own binoculars or borrow ours. Meet at Black Hill Boat Rental. FOBH \$5.

18254 18yrs&up 1 Class \$6 7/12 W 8:30am-10:00am

Adult Field Study Course: Butterflies

Focus on field identification and butterfly-plant relationships. Van trips to best butterfly natural areas and gardens are included. MD teachers earn one MSDE credit. Contact denise.gibbs@mncppc-mc.org for details. FOBH \$110.

11119 18yrs&up 3 classes \$115 7/24-26 M,Tu,W 9:30am-3pm

For Women Only Fishing Workshop!!

We'll teach you proper tackle selection, effective fishing techniques for our waters and provide key lures selected over many years of experience! Monday evening we'll meet at Black Hill Regional Park Visitor Center and travel by van to BassPro's Outdoor World for an ultimate overview! Wednesday evening we'll go over tackle, knots, reading the waters and lure selection! Your day on the waters will start at Little Seneca Lake for hands on instruction followed by a van trip to a beautiful river setting for wet wading. FOBH \$45.

18283 18yrs&up 3 Classes \$50 7/31, 8/2, 8/5 M, W, Sa 5:30pm-9:30pm, 7:00pm-9:30 pm, 9:00am-6:30 pm

Adult Workshop: Sketching Dragonflies

Bring your sketchpad and/or camera for capturing our lake's dragonflies and damselflies. Catch/release dragonflies for close-up looks. Close-focusing binoculars provided. Rain cancels the program. ParkPASS registration is required. Meet at gravel parking lot across from the Black Hill Boat Launching Ramp. FOBH \$6.

18260 18yrs&up 1 Class \$8 8/2 W 9:30am-11:30am

Adult Field Study Course: Dragonflies

Focus will be on field identification. Van trips to local lakes, rivers, ponds and marshes. Contact denise.gibbs@mncppc-mc.org for details. FOBH \$85.

11092 18yrs&up 3 Classes \$90 8/7-9 M,Tu,W 10:00am-3:00pm
Aug 7-9, 10am-3pm daily

Volunteer Opportunities

Volunteer Naturalist Training Sessions

Free but ParkPASS registration is required. Volunteers will be trained in natural history and hands-on interpretive techniques. Topics will focus on stream, lakeshore and meadow. Volunteer naturalists, upon successful completion of four days of training, will be asked to commit to leading a hike for families on one of the these dates: June 24, July 8 or 22. Increase your knowledge while connecting others to the natural world. Naturalist: Denise Gibbs. E-mail denise.gibbs@mncppc-mc.org for details.

17450 18yrs&up 4 Classes FREE 6/6, 6/7, 6/13, 6/14
Tu, W 9:30am-4:00pm



Brookside Nature Center

Wheaton Regional Park
301-946-9071

1400 Glenallan Ave.

Wheaton, MD 20902

www.brooksidenature.org

Center is open Tuesday through Saturday, 9am-5pm and Sunday 1-5pm.

Trails open daily, dawn to dusk.

Registration is required for all programs unless stated otherwise.

Toddler/Preschool

Reservations required.

Nature Tales, Trails, and Craft

Listen to nature stories, walk about with the naturalist, and make something special to take home with you.

17699	3-5yrs	1 Class	\$4	6/2	F	9:30am-10:15am
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Making Birdfeeders

Look & listen for summer birds in the forest and meadow. Make a simple feeder for bird friends at your home.

17704	3-5yrs	1 Class	\$5	6/6	Tu	1:30pm-2:15pm
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Growing Spring Flowers

Take a walk to see how spring flowers grow. Plant flowers in a pot you decorate to take home.

17710	3-5yrs	1 Class	\$5	6/13	Tu	1:30pm-2:15pm
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Life Underground

Like to dig holes? Here's your chance! Look for creatures that live under logs and underground, and find out what they do.

17724	3-5yrs	1 Class	\$3	6/27	Tu	1:30pm-2:15pm
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Time For Tots: Teddy Bear Picnic

Bring your favorite bear or other stuffed animal and blanket for a fun "picnic". Enjoy stories, activities, & treat.

17727	18M-36M	1 Class	\$5	6/30	F	1:00pm-1:45pm
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17728	18M-36M	1 Class	\$5	6/30	F	2:00pm-2:45pm
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17729	18M-36M	1 Class	\$5	6/30	F	3:00pm-3:45pm
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Water Worlds

In the stream, under rocks, along the banks and in the pond-explore the world of water homes.

17855	3-5yrs	1 Class	\$3	7/5	W	10:30am-11:15am
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Fox Family In Summer

Hike in the woods to look at where foxes and their babies live and play. Find out how baby foxes grow up.

17859	3-5yrs	1 Class	\$3	7/6	Th	10:30am-11:15am
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Wonderful Wrigglers

We'll search for bugs & worms, then look at them up close to see what they do. Make a wiggly craft.

17862	3-5yrs	1 Class	\$4	7/7	F	10:30am-11:15am
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Wonderful Wiggly Worms

Explore the world of worms through a story, hike and snack.

17978	3-5yrs	1 Class	\$5	8/31	Th	10:00am-11:00am
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Children/Youth

Reservations required.

Fishing At Pine Lake

Bring your own rod or borrow one of ours to learn the basics of fishing. We'll supply bait and tackle. Meet at Pine Lake.

17713	6-10yrs	1 Class	\$9	6/16	F	9:00am-11:00am
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17879	6-10yrs	1 Class	\$9	7/19	W	9:00am-11:00am
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Wiggly Worms

Worms-hear a story, touch a worm, and join a worm race! Then make and take home a worm farm. Under 5 with adult helper.

17721	3-12yrs	1 Class	\$5	6/24	Sa	1:00pm-2:00pm
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Park Art

Paint a picture of your favorite animal, flower or tree, then take a walk and learn secrets of the summer forest.

17849	6-12yrs	1 Class	\$5	7/1	Sa	2:00pm-3:00pm
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Fishing At Maydale

Learn some of the basics of fishing. Bring your own rod or borrow one of ours. We'll supply bait and basic tackle. Meet at Maydale Park.

17861	6-10yrs	1 Class	\$9	7/7	F	9:00am-11:00am
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17972	6-10yrs	1 Class	\$9	8/23	W	9:00am-11:00am
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Teddy Bear Picnic

Bring your favorite bear or other stuffed animal and blanket for a fun "picnic". Enjoy stories, activities, & treat.

17886	2-7yrs	1 Class	\$5	7/29	Sa	10:00am-10:45am
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17887	2-7yrs	1 Class	\$5	7/29	Sa	11:00am-11:45am
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17888	2-7yrs	1 Class	\$5	7/29	Sa	12:00pm-12:45pm
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Animal Homes

Holes make great homes and nests are nice, for squirrels, birds and mice. Look for them on a wild home tour.

17954	5-12yrs	1 Class	\$4	8/8	Tu	10:30am-11:30am
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Nature Up Close

Use magnifying glasses to get a close-up look at nature: under leaves, inside flowers and in the trees.

17956	5-12yrs	1 Class	\$4	8/9	W	10:30am-11:30am
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Butterflies & Flutter-bys

Explore our gardens & meadow looking for beautiful butterflies & moths. Then hike in the woods to find forest dwelling flutterers.

17957	5-12yrs	1 Class	\$4	8/10	Th	10:30am-11:30am
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Some of our programs take place at Maydale Park, which is located at 1638 Maydale Drive, near intersection of Briggs Chaney Road and Claude Lane.

Rocks From Near And Far

Look at rocks in the park, then get a close up look at amazing rocks from far away. Make your own collection.

17960 6-12yrs 1 Class \$5 8/12 Sa 2:00pm- 3:00pm

Stream Splash At Maydale

Check out Paint Branch Stream looking for fish, insects and more. Wear boots or water shoes. Meet at Maydale Park.

17964 2-14yrs 1 Class \$4 8/17 Th 10:00am-11:00am

Crystal Wonders

Come learn about the mysteries of crystals, and make a crystal garden to take home with you.

17965 6-12yrs 1 Class \$6 8/19 Sa 2:30pm- 3:30pm

Life Under A Log

What kinds of things like to live under or in a log? Find out with a story, a hike, and snack.

17975 2-12yrs 1 Class \$5 8/25 F 10:30am-11:30am

Dragonflies

Learn fun dragonfly facts, search for dragonflies in the meadow & dip nets in a pond for dragonfly nymphs.

17977 3-7yrs 1 Class \$4 8/26 Sa 1:00pm- 2:00pm

Programs For All

For these programs all attending must register but there is no fee for adults and infants unless otherwise noted.

National Trails Day

Celebrate by joining us for a vigorous 2 mile hike through the woods over moderate terrain in our favorite part of Wheaton Park. Learn about other long trails in our parks. All attending pay fee.

17701 6yrs&up 1 Class \$4 6/3 Sa 10:30am-11:30am

Trail Mix And Fix

First we'll make a tasty trail mix treat. Then help us fix-up one of our trails through the woods.

17702 3yrs&up 1 Class FREE 6/3 Sa 1:30pm- 3:00pm

Nature Movie: Pecos Bill

Enjoy the video Pecos Bill, the tale about the brother of cyclones and creator of Great Salt Lake; narrated by Robin Williams. No reservations required.

17703 1M&up 1 Class FREE 6/4 Su 2:30pm- 3:00pm

Stream Splash

Explore the stream with aquatic nets looking for crayfish, salamanders, fish, insects, and more! Wear old shoes or water shoes; no flip-flops or sandals. Optional—bring a towel and/or change of clothes.

17705 2yrs&up 1 Class \$4 6/9 F 4:00pm- 5:00pm

17852 3yrs&up 1 Class \$4 7/2 Su 11:30am-12:30pm

17867 2yrs&up 1 Class \$4 7/8 Sa 2:30pm- 3:30pm

17948 2yrs&up 1 Class \$4 8/1 Tu 10:00am-11:00am

17958 5-12yrs 1 Class \$4 8/11 F 10:30am-11:30am

Tracking Turtles

See a turtle, share a story and meet Drew, a trained turtle tracking dog, as she searches for turtles! Drew will bring her 'mom', Susan Hagood, who studies box turtles.

17706 3yrs&up 1 Class \$5 6/10 Sa 2:00pm- 3:15pm

Picnic In The Park And Stream Exploring

Schools out! Pack a lunch, roast marshmallows for dessert, get your shoes wet searching for crayfish, minnows and more.

17712 1yrs&up 1 Class \$5 6/15 Th 12:00pm- 1:30pm

Tin Can Lanterns

Learn how to turn soup and veggie cans into cool lanterns. Each child under 7 must have an adult helper. Bring a can from home, we'll supply the rest. Fee is per crafter.

17714 3yrs&up 1 Class \$5 6/17 Sa 10:30am-11:30am

Firebuilding Techniques

Learn easy, and not-so-easy, ways to make a fire, and basic safety measures when working with fire. All attending pay fee.

17715 8yrs&up 1 Class \$7 6/17 Sa 4:00pm- 5:30pm

Explore A Park "Dad And Me"

Make Father's Day special. Meet at MLK, Jr. Recreational Park and explore the park's trails together.

17716 1yrs&up 1 Class FREE 6/18 Su 10:00am-11:30am

Creature Feature

Have you ever seen a salamander or a box turtle? Meet and greet some of our resident reptiles and amphibians up close.

17717 1yrs&up 1 Class \$4 6/21 W 1:00pm- 2:00pm

17976 1yrs&up 1 Class \$4 8/26 Sa 11:00am-12:00pm

Snakes Alive

Meet and touch some of our live local snakes. Learn about what they eat & where they live.

17866 2yrs&up 1 Class \$4 7/8 Sa 1:00pm- 2:00pm

Old Fashioned Fun!

Join us at our pioneer cabin to make hand cranked ice cream, old fashioned candles, and turn cream into butter for cornbread muffins.

17868 2yrs&up 1 Class \$8 7/8 Sa 4:30pm- 6:00pm

Puppet Shows

Reservations required for children. No fee for infants.

Look What I Found

Billy and Sally spend a day finding forest and meadow mysteries.

17700 1M-13yrs 1 Class \$2 6/2 F 11:30am-12:00pm

17719 1M-13yrs 1 Class \$2 6/22 Th 1:30pm- 2:00pm

Insects

Six legs, three body parts, an exoskeleton, I'm an insect! Meet lots of different insects and their kin.

17872 1M-13yrs 1 Class \$2 7/11 Tu 3:00pm- 3:30pm

Wake Up, It's Nighttime

Join a curious bumblebee and see what's going on after dark.

17969 1M-13yrs 1 Class \$2 8/22 Tu 11:00am-11:30am

17970 1M-13yrs 1 Class \$2 8/23 W 1:30pm- 2:00pm

We provide naturalist-led environmental and historical education programs for organized groups by reservation. See information at www.brooksidenature.org.

Pioneer Games Drop-In

Drop by for self-guided play! Try your skills with a couple of pioneer toys and games! No reservations required.

17870 1M&up 1 Class FREE 7/9 Su 2:00pm-3:00pm

Incredible Meadow Insects

We'll "beat bushes" and "sweep fields" to see what's hopping, crawling, and flying.

17876 2yrs&up 1 Class \$4 7/15 Sa 10:00am-11:00am

Explore A Stream At Maydale

Hike to a shady stream and search for fish, crayfish, insects and more. Wear shoes and clothes that can get wet. Meet at Maydale Park.

17877 2yrs&up 1 Class \$4 7/15 Sa 2:00pm-3:00pm

Nature Movie: Horton Hears A Who

Enjoy this narrated book about friendship and perseverance. No reservations required.

17878 1M&up 1 Class FREE 7/16 Su 1:30pm-2:00pm

Nature At The Playground

Nature & science are everywhere, even at the playground. See what's happening at Wheaton Park's playground. Meet at Shorefield area, at white restroom building next to playground.

17881 1M&up 1 Class FREE 7/20 Th 1:00pm-2:00pm

Old-Fashioned Summer Fun

Take a step back in time - make homemade ice cream and play some non-electric games. Reservations required for all; no fee for adults.

17882 1M&up 1 Class \$5 7/22 Sa 2:30pm-3:30pm

Family Tubing Trip

Enjoy an adventurous, fun day of tubing along Antietam Creek. Great fun for the whole family. Tubes, life jackets, guides in kayaks provided. Meet: Outdoor Excursions in Boonesboro, MD. All attending pay fee but ages 4 and 5 sit on parent lap in tube for \$15.

17950 4yrs&up 1 Class \$30 8/4 F 11:00am-1:00pm

Hummingbirds!!

Observe this amazing little bird, make a feeder, and take home a lobelia plant to start your own hummingbird garden!

17951 3yrs&up 1 Class \$6 8/5 Sa 2:00pm-3:00pm

Birds Of Summer

Discover summer bird habits and habitats. Which birds come to visit and which stay year round?

17959 3yrs&up 1 Class \$4 8/12 Sa 10:30am-11:30am

Pioneer Living/Campfire Lunch

You bring the hotdogs & buns; we'll supply the fixin's. We'll make a pioneer style dessert as we learn about life in the 1800s. All attending pay fee.

17973 1yrs&up 1 Class \$5 8/23 W 12:00pm-1:00pm

**Volunteer at Brookside Nature Center**

Have fun, contribute to your community and learn about nature. Community service and Eagle Scout projects are also welcome. Volunteer opportunities include Camp Counselor, Program Aide, Nature Center Host, Animal Care, Special Events, Invasive Plant Removal, and Trail Maintenance. Contact Jenny Aley at 301-946-9071.

Brookside At Night

For night programs all attending must register but there is no fee for adults and infants unless otherwise stated.

Movies And Marshmallows

We'll roast marshmallows then watch movies under the stars. Rain cancels the program. No reservations required but bring exact change.

17707 1M&up 1 Class \$2 6/10 Sa 8:15pm-9:30pm

Wildlife At Night

Look and listen for birds, insects and other nocturnal animals.

17711 2yrs&up 1 Class FREE 6/14 W 8:30pm-9:30pm

Campfire And Meadow Walk

Bring your own hotdogs & rolls; we'll supply fixin's and marshmallows to toast over coals while we learn nighttime nature lore. Then enjoy a meadow walk.

17718 1yrs&up 1 Class \$5 6/21 W 6:30pm-8:00pm

An Evening Adventure

Watch a puppet show about exploring the forest and meadow. Then join a hike to see what we can discover in the park!

17720 1yrs&up 1 Class \$4 6/23 F 7:30pm-8:30pm

Dinner With The Bugs

Bring hot dogs and buns; we'll supply the fixin's. Then we'll take nets to the meadow and look for what 'bugs' us.

17722 1yrs&up 1 Class \$5 6/24 Sa 5:00pm-6:30pm

Flying Squirrels

Catch a glimpse of these nighttime gliders and find out how they live. No registration required. Rain cancels program.

17725 1yrs&up 1 Class FREE 6/27 Tu 8:45pm-9:30pm

17967 1yrs&up 1 Class FREE 8/19 Sa 8:15pm-8:45pm

Incredible Insects At Maydale

Using nets, catch and release hoppers, crawlers, & flyers living in the meadow.

17726 2yrs&up 1 Class \$4 6/28 W 7:30pm-8:30pm

Birds And Bugs Of The Night

Join us on a stroll as we listen for the sounds of birds, bugs and other night singers.

17850 2yrs&up 1 Class \$4 7/1 Sa 8:00pm-9:00pm

Campfire And Forest Walk

Share stories and songs around the campfire. Bring your own hotdogs & rolls; we'll supply fixin's & marshmallows. After dinner enjoy an evening forest walk.

17863 1yrs&up 1 Class \$5 7/7 F 6:30pm-8:00pm

Weenie Roast Campfire

Bring your own hot dogs and rolls; we'll provide s'mores, fixings, and drinks. After we eat, learn about and touch a live snake, turtle, and salamander.

17869 2yrs&up 1 Class \$5 7/8 Sa 6:30pm-8:00pm

Fireflies

Is there really a fire in their belly? Are they even flies? Find out more about this summer evening flier.

17871 1M&up 1 Class \$4 7/10 M 8:30pm-9:30pm

Creature Feature Campfire

Toast some marshmallows and meet some of our resident reptiles and amphibians.

17873	1M&up	1 Class	\$4	7/11	Tu	7:00pm- 8:00pm
17974	1M&up	1 Class	\$4	8/24	Th	6:30pm- 7:30pm

Puppet Show And Frogs

See a puppet show about insects, then explore a pond to search for what eats them—frogs!

17874	1M&up	1 Class	\$4	7/12	W	7:30pm- 8:30pm
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Magical Campfire

Gather 'round the campfire to roast marshmallows. Then join nature-loving magician 'Wendy Wand' for an evening of educational magic under the stars. All attending must pay fee.

17875	2yrs&up	1 Class	\$5	7/14	F	7:00pm- 8:00pm
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Lake Frank Evening Hike

Explore paths around this lake and ford the stream to get to the other side. Meet: Lake Frank parking area off Avery Rd.

17880	1M&up	1 Class	FREE	7/19	W	7:00pm- 9:00pm
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Bat Campfire

Do bats want to nest in your hair or drink your blood? Roast marshmallows and find out the answers and more.

17883	1M&up	1 Class	\$4	7/22	Sa	8:15pm- 9:15pm
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Flying Squirrel Campfire

Roast marshmallows while we wait for our nocturnal neighbors to become active. Can we entice them with a few of their favorite treats? Under 8 with adult.

17885	1M&up	1 Class	\$4	7/25	Tu	8:15pm- 9:15pm
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Bats At Pine Lake

Hike 1.5 miles round-trip to Pine Lake and observe bats that call the lake home. Meet: Brookside Nature Center

17889	1M&up	1 Class	\$4	7/29	Sa	8:00pm- 9:00pm
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Summer Evening Walk

Take an easy stroll along the Paint Branch Stream, investigating the sights, sounds, and smells of the evening. Meet at Valley Mill Park, 1600 Randolph Rd.

17949	2yrs&up	1 Class	\$4	8/2	W	7:30pm- 8:30pm
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A Bear Of A Campfire!

Roast marshmallows and share stories and songs about bears. Celebrate Smokey Bear's birthday and visit with him!

17952	1yrs&up	1 Class	\$5	8/5	Sa	7:00pm- 8:00pm
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Campfire And Pond Walk

Join our campfire and trade favorite outdoor stories. Bring your own hotdogs & rolls; we'll supply fixin's and marshmallows. Then explore night life at the pond.

17955	1yrs&up	1 Class	\$5	8/8	Tu	6:30pm- 8:00pm
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Sounds & Lights: Perseid Meteors

Enjoy the Perseids, sending sparkling streaks across the sky to the tune of 'wild' night sounds. Rain date—Aug. 13. Meet at Maydale Park.

17961	3yrs&up	1 Class	FREE	8/12	Sa	8:30pm- 9:30pm
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Family Woodland Hike

Take a woodland hike and explore animal adaptations at night.

17962	2yrs&up	1 Class	\$4	8/15	Tu	6:30pm- 7:30pm
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Open Mic Campfire

As summer winds down, gather 'round the campfire to roast marshmallows. Bring a campfire song, story, skit, joke, etc. and take your turn leading the program!

17963	1yrs&up	1 Class	\$4	8/16	W	7:00pm- 8:00pm
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Evening Hike In Wheaton Regional Park

Walk around the park and try to see night animals as they begin to awaken.

17966	2yrs&up	1 Class	FREE	8/19	Sa	6:30pm- 8:00pm
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Evening Hike At Maydale

Discover animal adaptations as we explore the meadow, pond, and forest. Meet at Maydale Park.

17971	2yrs&up	1 Class	\$4	8/22	Tu	7:15pm- 8:15pm
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Adult/Young Adult

Reservations required.

Historic Lontontown And Gardens

Travel back to the early 1600s as we visit Lontontown and Gardens in Edgewater, MD. Enjoy a high tea of sweets and savories including scones, pastries, finger sandwiches and tea. Guided tours of the refurbished colonial tavern, residence, heritage garden and grounds as well as tea and transportation included in fee.

17698	18yrs&up	1 Class	\$45	6/1	Th	9:30am- 4:00pm
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Ladies Hike Out

Want to hike but don't know where to go? Meet other women while we hike along different trails in our parks. Adult women only, please.

17708	18yrs&up	1 Class	FREE	6/11	Su	5:30pm- 8:30pm
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17953	18yrs&up	1 Class	FREE	8/6	Su	9:30am-12:00pm
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Summer Wildflower Walk

We'll look for common and less common flowers in the gardens and woods around the nature center and learn some intriguing flower lore.

17709	18yrs&up	1 Class	\$4	6/13	Tu	10:00am-11:00am
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Mid-Morning Hike

Join the naturalist for a rejuvenating hike along Northwest Branch Stream Valley.

17723	18yrs&up	1 Class	FREE	6/25	Su	10:30am-12:30pm
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Evening Meadow Walk

A gentle hike through a meadow to observe what plants and animals do as evening approaches.

17857	18yrs&up	1 Class	FREE	7/5	W	7:00pm- 8:00pm
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Paint Branch Trail Hike

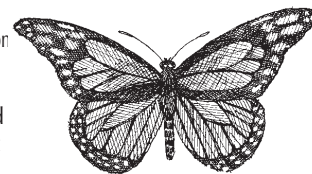
Go for an easy hike in Paint Branch Stream Valley Park and explore this oasis amidst suburban neighborhoods. Meet at Valley Mill Park, 1600 Randolph Rd.

17884	18yrs&up	1 Class	\$6	7/23	Su	9:30am-11:00am
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Nature At Noon

Walk around Pine Lake & observe signs of late summer plant & animal activities.

17968	18yrs&up	1 Class	\$4	8/20	Su	11:30am-12:30pm
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Locust Grove Nature Center

Cabin John Regional Park
301-299-1990

7777 Democracy Blvd. Bethesda, MD 20817
www.locustgrovenature.org

**Center is open Tuesday through Saturday, 9am-5pm.
Trails open daily dawn to dusk**

Tot Time

Dropping in on Water!

Let's make waves as we explore water's marvelous and life-sustaining properties! An adult must accompany each toddler.

18343 1-3yrs 1 Class \$3 6/7 W 11:30am-12:15pm

Bubbles!

A special bubbly program for toddlers and their parents or caregivers.

18468 1-3yrs 1 Class \$3 8/16 W 11:30am-12:15pm

Crawl and Toddle Moment in August

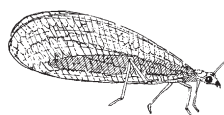
Little "Edisons" and "Einsteins" come together for an exercise in sensory exploration.

18469 6M-18M 1 Class FREE 8/18 F 10:30am-11:15am

Best Bug Parade

The bug stops here as we hear a story and take a safe look at six-legged friends and their ways. An adult must accompany each toddler.

18471 1-3yrs 1 Class \$4 8/19 Sa 11:00am-11:45am



Toddler/Preschool

Storytime: Mouse Paint!

Adventurous mice get creative and make a colorful mess! Includes craft.

18356 3-6yrs 1 Class \$5 6/13 Tu 3:00pm-4:00pm

Dinosaur Daze

What did dinosaurs look like? Were they all as large as two school buses? What would it be like if they were living today? How do we know dinosaurs existed at all? Join us to find the answers to these and many more questions as we explore the life and times of the terrible lizards. Children must be accompanied by an adult. Register by 6/28/06.

18373 3-5yrs 1 Class \$4 7/7 F 1:00pm-2:00pm

Club Mud

In this series of free form, play-filled classes, children and adults alike will explore the oozy, smoochy and delightfully creative aspects of MUD! Down by the stream and up in the garden we'll examine how worms and birds call mud "home" and how people call it "clay". Come prepared to get really dirty and wet! Wear closed-toe shoes. No younger siblings please. Children must be accompanied by an adult. Register and pay for each class separately.

Part 1

18394 4-7yrs 1 Class \$6 7/11 Tu 10:00am-11:30am

Part 2

18414 4-7yrs 1 Class \$6 7/18 Tu 10:00am-11:30am

Part 3

18430 4-7yrs 1 Class \$6 7/25 Tu 10:00am-11:30am

Discover Nature: Cool Critters

Learn how animals keep cool in the heat of summer. All children must be accompanied by an adult.

18429 3-6yrs 1 Class \$5 7/22 Sa 11:00am-12:00pm

Discover Nature: Summer Snakes!

Learn about our not-so-scary legless neighbors. Includes craft.

18476 3-6yrs 1 Class \$5 8/29 Tu 10:00am-11:00am

Children/Youth

Off the Beaten Path Hike

Kids lead the way during these unplanned, Naturalist-chaperoned forays. Step by step, the group decides where to hike as we safely trek, scramble, and wade through the lesser-known portions of Cabin John Regional Park. Wear long pants, socks and sneakers, and bring water!

18312 6-10yrs 1 Class FREE 6/2 F 4:00pm-5:30pm

Pumpkins Throughout the Year

Follow the life of a pumpkin from seed to lantern! No younger siblings please, and adults must accompany children under 8 years.

Part 4

By now our pumpkin patch is well established, and the pumpkin plants should be growing strong! We'll measure their progress, dig around to see who's sharing the patch, and give them some TLC.

18360 6-12yrs 1 Class \$5 6/14 W 4:30pm-5:30pm

Part 5

The pumpkins are getting fat and green! It's time to decide if we want to grow a whopper or a square shaped pumpkin, or one with a waistline! After that, we'll give our baby pumpkins a weigh-in and snack, and maybe even a tattoo!

18405 6-12yrs 1 Class \$5 7/12 W 4:30pm-5:30pm

Part 6

August - a hot month for gardeners, but the pumpkins love it! Time for a weigh-in, measurement and pumpkin water-color portrait. Afterwards we'll eat a refreshingly cool 'pumpkin' treat. Parents, children will be served a fruit salad during this class.

18472 6-12yrs 1 Class \$5 8/22 Tu 4:30pm-5:30pm

Tracks in the Night

How do we know the forest and fields of Cabin John Regional Park are full of critters that hop, waddle, jump and run? Because they leave their footprints! Using special track boards we'll examine proof of these animals' presence and learn to identify the nightly line-up of usual suspects! An adult must accompany children under 8.

18408 6-10yrs 1 Class \$5 7/14 F 4:30pm- 5:30pm

Stream Scooping

What can we find in the slow, warm summer streams? We'll net and dip to find out. Children under 8 must be accompanied by an adult. Wear closed-toe shoes that can get wet.

18462 6-12yrs 1 Class \$6 8/9 W 10:00am-11:30am

Science of Nature: Weasel and Otter Fun!

Learn to appreciate this skinny, smelly bunch of animals- from fun loving otters to bug-munching skunks. Children under 8 must be accompanied by an adult.

18474 6-12yrs 1 Class \$5 8/24 Th 11:00am-12:00pm

Programs For All

Birds and Blueberries

The birds are out scouting for breakfast and we'll be out scouting for them! After we've had our fill of cardinals, goldfinches and maybe a wood thrush or two, we'll let the birds watch us as we savor a light repast of fresh blueberries and cream (or yogurt). All attendees must register and pay. Bring your binoculars!

18383 5yrs&up 1 Class \$5 7/8 Sa 8:00am- 9:30am

Meet the Animals of Locust Grove

Ever wonder about the animals here at Locust Grove Nature Center? What do they eat? Where did they come from? Learn about their natural habits and habitats during this animal "meet and watch them eat" program.

18463 1M&up 1 Class \$4 8/10 Th 1:00pm- 2:00pm

Friday at the Park

It's steamy and sultry and just right for bugs. Come on out and see what's happening as dusk descends on the park. Children under 8 must be accompanied by an adult. All attendees must register and pay.

18465 1M&up 1 Class \$2 8/11 F 8:00pm- 9:00pm

18475 1M&up 1 Class \$2 8/25 F 8:00pm- 9:00pm

Family Splash

Get ready, get set, get wet! We'll head down to the stream, nets in hand, to explore the creek and learn about some of Cabin John's underwater residents. Parents and children, wear shoes that you don't mind getting wet (no open-toed shoes, please)! All children must be accompanied by an adult, especially in the creek. All attendees must register and pay. Please register by 8/2/06.

18461 5yrs&up 1 Class \$2 8/5 Sa 1:00pm- 2:30pm

Family Program: Bugs!

August is the time for bugs. Learn what makes a bug a bug and appreciate the beauty of our tiny neighbors. Each attendee must register and pay.

18467 5yrs&up 1 Class \$3 8/15 Tu 10:00am-11:30am

Family Hikes

Ponds in Particular

Wander to a pond to learn about water, where it goes, and why it stays. Come prepared for mud. Meet at Ball field #4 parking lot. Adults must accompany children under 8 years.

18362 5yrs&up 1 Class FREE 6/17 Sa 11:00am-12:00pm

Summer's Here!

It's officially summer! Hike to see what's happening in Cabin John Regional Park. All attendees must register and all must pay.

18363 5yrs&up 1 Class \$3 6/22 Th 2:00pm- 3:30pm

Ponds at Night

We'll explore the dusk world at the pond, when the frogs start singing, beavers start splashing, and midges and bats do an age-old dance. All attendees must register and pay. Children must be accompanied by an adult. Meet at Ball field #4 parking lot.

18432 5yrs&up 1 Class \$2 7/26 W 8:00pm- 9:00pm

Adult/Young Adult

Birding in Japanese

もし日本語をお話しで、近郊の留鳥観察を楽しみ、どんな鳥か確かめたいのなら、あなたにうってつけのプログラムはこれです！キャビン・ジョン公園で最も野鳥を楽しめる場所へ、日本生まれのサトミと一緒に往ってみませんか？見られる可能性のある夏鳥は、ボルチモアムクドリモドキ、アカクロムクドリモドキ、カオグロアメリカムシクイ、ルリノジコ、ツキヒメハエトリなどなど！双眼鏡をご持参下さい！プログラムは日本語で行われますが、野鳥観察に興味のある大人であれば、どなたでも参加大歓迎です。Cabin John Regional Park (キャビン・ジョン公園) Ball field (野球場) #4の駐車場にて集合です。

2006年 6月14日

6月3日の記述を参照下さい。ただし、次の変更箇所にご注意下さい。集合場所は、ポトマック、MacArthur Blvd沿いのOld Angler's Inn向かい側の駐車場です。そこから、運河の引き船道を歩き、野鳥他、野生動物植物探しをします。双眼鏡をご持参下さい！

Part 1

18328 14yrs&up 1 Class FREE 6/3 Sa 8:00am- 9:30am

Part 2

18498 14yrs&up 1 Class FREE 6/10 Sa 8:00am- 9:30am

Part 3

We will meet at the parking lot across from Old Angler's Inn on MacArthur Blvd. in Potomac and from there walk on the canal towpath to scout for birds and other wildlife. Bring your binoculars!

18499 14yrs&up 1 Class FREE 6/14 W 8:00am- 9:30am

Go Bats!

Delve deep into the night world of bats in this special adult session. Using a high-tech sound recording and analysis system, we'll look at the acoustics of bat calls and contemplate the physics of flight.

18428 14yrs&up 1 Class \$5 7/21 F 8:00pm- 9:00pm



Hiking Greenbelt Park

Greenbelt Park offers several long and short hiking loops traversing varied habitats, streams and hillsides. We'll walk at an easy pace, covering 4-5 miles as we explore the park's ecology and history. Bring your binoculars, lunch, and water, and prepare for natural surface trails over diverse terrain. Meet at the Park Headquarters parking lot. Call for directions.

18335 18yrs&up 1 Class \$12 6/6 Tu 10:00am- 1:15pm

Hiking with Kids in August

Want to take an adult hike but you have your kids with you? Not to worry! We'll take an easy hike around Cabin John Regional Park that even your youngest will enjoy.

18456 18yrs&up 1 Class FREE 8/2 W 11:00am-11:45am

Sugarloaf Mountain Van Tour and Hike

Come discover the panoramic views, diverse plant life and sense of a world apart that lies just an hour north of the metropolitan hustle and bustle. Bring water and a lunch, and be prepared for moderately strenuous hiking on uneven, rocky trails. Transportation provided from Locust Grove.

18464 18yrs&up 1 Class \$20 8/11 F 9:00am- 2:00pm

Baby and Me Hike

Rock Creek Park

We continue our exploration of Rock Creek Park as we meet at its northern terminus on Lake Needwood. Trails are paved and stroller-friendly. We'll walk approximately 2 miles listening for Scarlet Tanagers, keeping an eye open for early summer wildflowers, and watching the stream wend its way to the Potomac. Meet at the far parking lot next to the boathouse in Rock Creek Regional Park. Call for directions. All participating adults must register.

18361 18yrs&up 1 Class FREE 6/15 Th 9:30am-10:45am

Rock Creek Trail

Rock Creek Trail and Clean Drinking Spring are our route and destination on this early summer walk. Babies should be in carriers. Meet at the playground parking lot on Jones Bridge Rd. near Woodend Sanctuary. Call for directions.

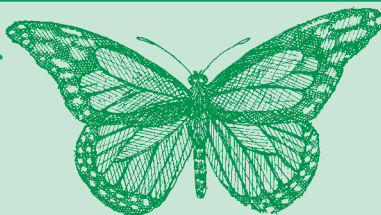
18364 18yrs&up 1 Class FREE 7/6 Th 9:30am-10:45am

Meadowbrook

Summer is winding down! Bring your baby and enjoy a 2-3 mile amble on a stroller-friendly trail along Rock Creek before the school year starts. The natural and cultural history of the area will be explored. Call for directions. All participating adults must register.

18466 18yrs&up 1 Class FREE 8/14 M 9:30am-10:30am

The Butterflies Need You and So Do We!



The Naturalist Garden at Locust Grove Nature Center has been under renovation for the last year. This spring we're installing close to 500 plants to attract butterflies, hummingbirds, and human visitors alike! To keep this extensive garden in peak condition, we need able-bodied help. Volunteers can serve for either a short or long term basis to plant, weed, prune, cultivate, spread mulch, and contribute their creative ideas. Ideal candidates enjoy being outside doing physical work, and learning basic horticulture skills. Contact Geri at Locust Grove Nature Center, 301-299-1990.

Camp Counselors Needed!

Teens 14 years old and up, come volunteer as a camp counselor this summer at Locust Grove Nature Center! We enlist qualified teens for weekly camp sessions. Sessions are either half or full day, and teens can sign up for one or more sessions. Camp counseling is a rewarding and fun experience, and enables teens to fulfill their Community Service requirements.

Interested? Please contact Geri at Locust Grove Nature Center-301-299-1990.



Volunteers in the Parks? Naturally!

Volunteering in parks is a natural choice when looking to share your time and talents. Make new friends and learn new things while helping us to spruce up park trails, grow plants at our nurseries, assist naturalists at nature centers, or support our outstanding park programs and facilities.

Sign-Up Now: Volunteers are needed for Brookside Garden's *Wings of Fancy* Butterfly Exhibit from May 13 through September 17. We're looking for tour guides, docents, gardeners, and ticket takers!

Visit our website to check out our many unique opportunities: www.parksvolunteers.org

Or call the Volunteer Services Office at 301-495-2504





Meadowside Nature Center

Rock Creek Regional Park
301-924-4141

5100 Meadowside Lane Rockville, MD 20855

www.meadowsidenature.org

Center is open Tuesday through Saturday 9 am to 5 pm

Trails are open Daily Dawn to Dusk

Childrens Programs

Storytime: Box Turtle At Long Pond

Turtles come in all shapes and sizes. Join Naturalist Sandy Staples and meet some live turtles at Meadowside. After the story, make a craft to take home and hike down to the pond to see if the turtles are out in the sun.

17498	3-6yrs	1 Class	\$5	6/6	Tu	9:30am-10:30am
17499	3-6yrs	1 Class	\$5	6/6	Tu	1:30pm-2:30pm

Storytime: Snakes Are Not Slippery!

Join Naturalist Sandy Staples and meet a snake up close. After the story, we'll make a craft to take home. Cameras welcome.

17553	3-6yrs	1 Class	\$5	6/20	Tu	9:30am-10:30am
17554	3-6yrs	1 Class	\$5	6/20	Tu	1:30pm-2:30pm

Stars On My Shirt!

Join Naturalist Sandy Staples and learn about some of the night constellations. Wear old clothing and bring a plain dark colored t-shirt to decorate with a 'glow in the dark' constellation design.

17555	6-14yrs	1 Class	\$5	6/21	W	3:30pm-4:30pm
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Storytime: Life in an Old Oak Tree

Did you know that oak trees are one of the most used tree species in our woodlands? Join Naturalist Sandy Staples for a story, craft and a short hike in the woods.

17565	3-6yrs	1 Class	\$5	8/30	W	9:30am-10:30am
17566	3-6yrs	1 Class	\$5	8/30	W	1:30pm-2:30pm

Storytime: Salamander's Room

What sometimes has stripes or spots? What lives in water, then on land? Join Naturalist Sandy Staples as we explore the tiny world of a salamander with a story and craft.

17563	3-6yrs	1 Class	\$5	8/23	W	9:30am-10:30am
17564	3-6yrs	1 Class	\$5	8/23	W	1:30pm-2:30pm

Adult Programs

Fredericksburg Van Tour

Join Naturalist Sandy's Staples for an introduction to the colonial history and local color of Fredericksburg, boyhood town of George Washington. After a visit to Ferry's Farm, we'll explore Old Towne with a visit to the Mary Washington House (George Washington's mother) and the Rising Sun Tavern, where costumed interpreters will shed some light on colonial traditions. Dress for some light walking and bring money for lunch.

17548	18yrs	1 Class	\$35	6/8	Th	8:00am-5:30pm
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Early Morning Hike at Blue Mash

Meet Naturalist Sandy Staples at Blue Mash to explore this private park located just outside of Olney, MD. Explore the great variety of habitats within easy walking distance to see dragonflies, birds, and wildflowers. Call 301-924-4141 for directions.

16748	18yrs & up	1 Class	\$6	6/2	F	9:00am-11:00am
17562	18yrs & up	1 Class	\$6	8/11	F	8:00am-10:00am

Local Montgomery County History for Educators

Join Naturalist Sandy Staples and Andrea Arnold of Rural Montgomery to learn about the agricultural history in your backyard. The focus will be the efforts to preserve the Agricultural Reserve in Montgomery County and places to visit in the Sandy Spring area with students that brings history alive! Bring money for lunch.

17558	18yrs & up	1 Class	\$30	7/20	Th	9:00am-4:00pm
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Morning On The Lake

Adults are invited to join the Naturalist for a quiet boat ride on Lake Needwood. Bring binoculars, a towel to sit on, and dress for the weather. Please bring exact change or check and meet at Lake Needwood Boathouse. Program will be cancelled in the case of inclement weather or low water so reservations are required so we can contact you. Naturalist: Sandy Staples

17549	18yrs & up	1 Class	\$4	6/12	M	8:30am-9:30am
17559	18yrs & up	1 Class	\$4	6/26	M	8:30am-9:30am
17550	18yrs & up	1 Class	\$4	7/10	M	8:30am-9:30am
17551	18yrs & up	1 Class	\$4	7/24	M	8:30am-9:30am
17552	18yrs & up	1 Class	\$4	8/22	Tu	8:30am-9:30am
17567	18yrs & up	1 Class	\$4	8/28	M	8:30am-9:30am



Birthday Parties

Meadowside Nature Center offers a special place to have a birthday party. Parties include a 1-hour nature program, a craft activity, and a birthday bag for each child. Call the facility or visit www.meadowsidenature.org for more details.

Native American Workshop for Educators

Join Sandy Staples for a hands-on workshop for educators about the lifestyle of Native Americans with an emphasis on Eastern Woodland Indians in the mid-Atlantic area. This workshop will discuss hunting, tool making, food preparation, and clothing. We will discuss how this knowledge was passed on to future generations through oral traditions and observation. Information and resources that will be useful in the classroom will be provided.

17557 18yrs & up 2 Classes \$40 7/17 M, Tu 9:00am-2:30pm

Pioneer Living for Educators

Join Sandy Staples and learn about the basics of pioneer living. Some of the topics will be open hearth cooking, crafts, and games that can be used for making early American history come alive for your students. Information and resources that will be useful in the classroom will be provided.

17561 18yrs & up 2 Classes \$40 8/9 W, Th 9:00am-2:30pm

Seneca Greenway Hike

Explore with Naturalist Sandy Staples part of this new greenway and trail system as we look for birds and wildflowers along the way. M-NCPPC is trying to make it easy for you to take advantage of natural corridors and hiking trails near your home. Call 301-924-4141 for directions to our meeting place.

17556 18yrs & up 1 Class \$6 7/11 Tu 8:00am-10:00am

Western Maryland Overnight Van Tour

Join Naturalist Sandy Staples for an opportunity to get away from the heat in the city as we go out to the Deep Creek area of Western Maryland to explore geology, wildflowers, bogs and local culture. Easy hiking and lots of great scenery. Call for information about making reservations for overnight accommodations. Meals not included in cost of van tour.

17560 18yrs & up 2 Classes \$120 8/1 Tu, W, Th 8:30am-6:00pm

Scouts

Boy Scout Forestry Merit Badge

Learn about the woodlands of Rock Creek Park as we discuss tree and plant identification, forest succession, uses of timber and fire as a management tool. Bring a bag lunch.

18003 10-18yrs 1 Class \$40 6/10 Sa 9:30am-3:30pm

Boy Scouts: First Aid Merit Badge

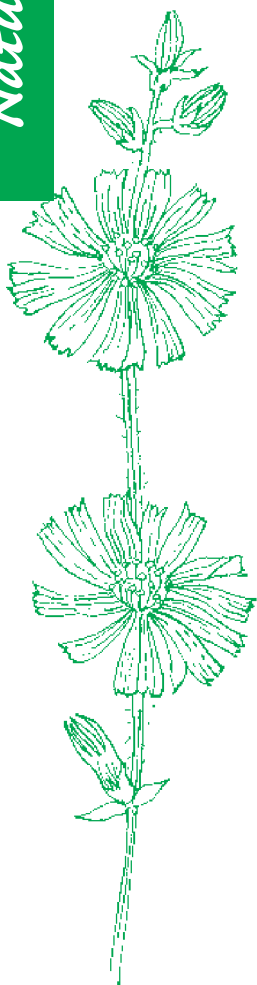
Come and join us as we teach the basic skills of first aid while satisfying the requirements for this Eagle badge. Bring a bag lunch.

18002 10-18yrs 1 Class \$40 6/24 Sa 9:30am-3:30pm

Weather and Indian Lore w/campfire

Come and Join us as we aim to complete two very separate merit badges. We will begin learning about the meteorological events which have and will occur, including how it effects our lives. The second portion of the class will be on the Native American life of Maryland and surrounding areas. After we delve into these separate badges and their requirements, we will conclude our session with a snack of S'mores by a campfire. Note: We will be outside rain or shine, and a bag lunch and dinner is highly recommended. No uniform is required.

18004 10-18yrs 1 Class \$85 7/15 Sa 11:30am-9:00pm



Little Bennett Campground

Dear Camper,

Little Bennett Campground is nestled in 3,600 acres of forests and meadows that make up Little Bennett Regional Park in Clarksburg, Maryland. With 91 private, wooded sites, a full schedule of activities, ranging from our traditional ice cream socials and craft hours to our new adventures in campfire programs and outdoor movies, and more than 20 miles of trails, this is the perfect place to

spend time during the summer months. We're also excited to introduce a nature room and game room for casual drop-by use, exclusively for our campers.

Visit www.littlebennettcampground.com for more information about our campground and our new activities. Or call our friendly campground staff at 301-972-9222 for a reservation. We look forward to your visit with us!

Sincerely,

Rosemary Nichols
Campground Manager, Little Bennett Campground

Summer Programs You'll Love!

1 Tennis in the Parks Clinics



Half-day programs for children ages 8-14

June 19 – August 25*

Four locations! Olney Manor Park, South Germantown Recreational Park, Cabin John Regional Park and Darnestown Local Park.

Children will learn the fundamentals of the game through fun activities that incorporate the skills necessary to be better players. This USTA-sanctioned curriculum will challenge kids to improve their game while having fun!

2 Week in the Park Summer Camp

Full- and half-day programs for children ages 5-12

June 19 – August 25*

Wheaton Regional Park



Children will enjoy the variety of activities available in our Regional Parks. With an ice skating rink, basketball and tennis courts, a nature center, a miniature train, and gardens, Wheaton Regional Park offers campers a summer full of fun!

For more information, visit www.ParkPASS.org

**Montgomery
Parks**
M-NCPPC
It's all right here!



3 Tennis in the Parks and Schools Summer Camp

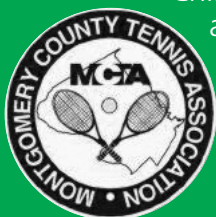
Full- and half-day programs for middle school students

June 19 – August 25*

Silver Spring International Middle School

Children will learn the fundamentals of tennis and benefit from an exciting multimedia mentoring environment in this USTA multicultural recreational tennis and education program.

For more information, please contact Ms. Carter-Hawkins at 301-441-4523 or mcarterhawkins@yahoo.com



** No class on July 4th*

Summer Fun in the Parks!

Splash Playground

South Germantown Recreational Park

Cool down in our fun splash playground!

301-601-3580

www.sgermantownsplashandgolf.com

Mini-Golf

South Germantown Recreational Park

Play 18-holes of championship miniature golf!

301-601-3580

www.sgermantownsplashandgolf.com

Boat Rentals

◆ Rock Creek Regional Park

Rent paddleboats, canoes, and rowboats on 75-acre Lake Needwood!

301-948-0501

www.lakeneedwoodboats.com

◆ Black Hill Regional Park

Explore our 505-acre Little Seneca Lake!

Rent kayaks, canoes, and rowboats or take a pontoon tour. | 301-972-6157

www.blackhillboats.com

Miniature Trains / Carousel

◆ Cabin John Regional Park

A fun ride for children of all ages!

301-469-7835 | www.cabinjohntrain.com

◆ Wheaton Regional Park

Take a train tour of the park or a ride on our musical carousel!

301-942-6703

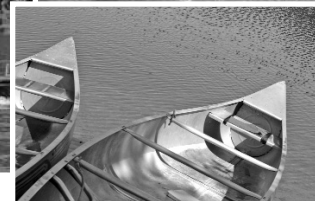
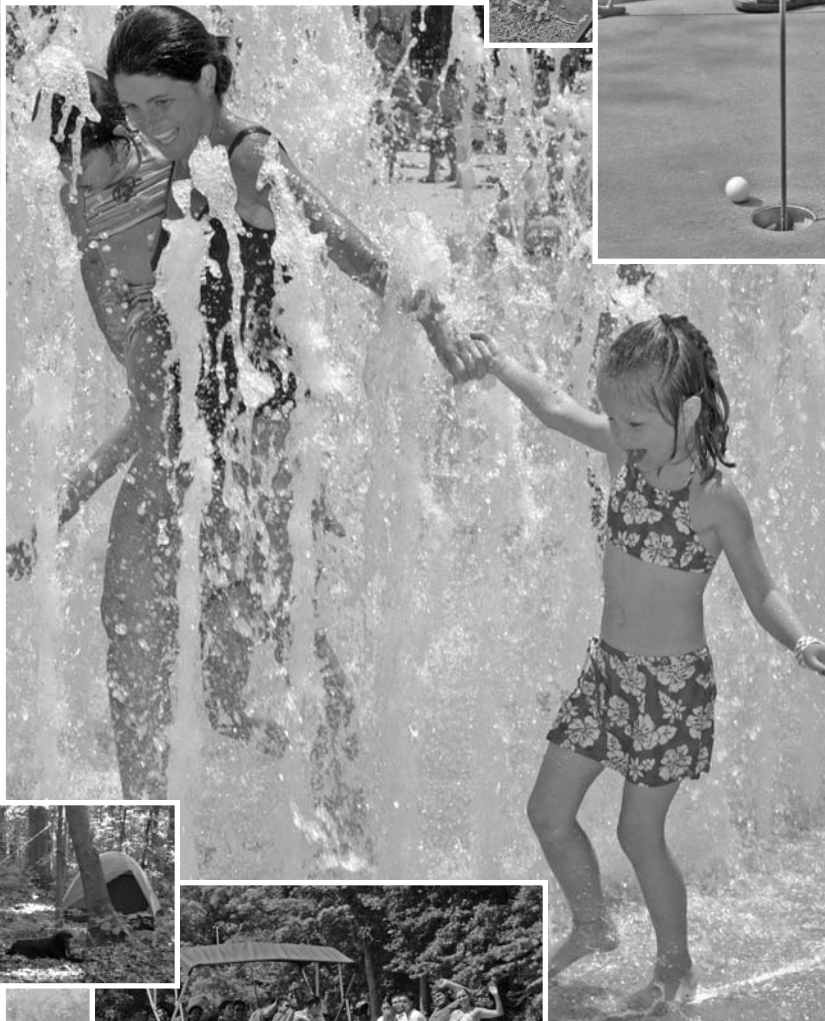
www.wheatontrainandcarousel.com

Camping

Little Bennett Campground

91 private wooded sites with 20 miles of trails! | 301-972-9222

www.littlebennettcampground.com



**Montgomery
Parks**
M-N-C-P-P-C
It's all right here!

Summer Programs in the Parks!!



Tennis Clinics

High Adventure Camp

Fishing Camps

Golf Lessons

Hockey Clinics

Nature Programs

Ice Skating Programs

Sports Camps

They'll love our programs.

You'll love our timing.

Summer Camps and Programs 2006

How to Register for a Summer Camp or Program

1) Set-Up Your ParkPASS Account:

- Visit www.parkpass.org to set-up your account online (Note: May take up to 48 hours for your account to be activated.)
- Contact the ParkPASS Help Desk at 301-495-2580, M-F between the hours of 10am-2pm
- Or, visit one of our ParkPASS facilities (see listings p. 79).

2) Register for a specific class or program:

- Register online, 24 hours a day, 7 days a week at www.parkpass.org.
- Register by mail
 - Fill out the registration form located at the back of the GUIDE & mail it to the appropriate ParkPASS facility.
- Register through our Phone Registration system (Not available for all programs)
 - Call 301-962-1477
 - You must have the barcode and Account Pin for each client you wish to register
- Register in Person
 - Visit any of our ParkPASS facilities (see listings p. 79).

3) Fill-Out Participant Information Forms

(Required for ALL participants):

- Download forms from our website
 - Download & print-out the required forms at www.mcsummerprograms.org
 - Submit them via fax, mail, or in person to the appropriate ParkPASS facility.
 - Copies are acceptable
- Pick up a copy of the forms at one of our ParkPASS facilities
 - Submit them via fax, mail, or in person at the appropriate ParkPASS facility.
 - Copies are acceptable

NOTE: All participants registering for the above summer programs must complete a **participant profile form**. If a participant will require medication during one of our program sessions, a **medication form** must also be completed. All completed forms must then be submitted to the facility offering the class or program.

Camp Refund Policy

In the event that M-NCPPC cancels a Summer Camp Program, you will be notified and will receive a full credit on your ParkPASS account or, at your request, a full refund.

In order to withdraw from a M-NCPPC Summer Camp Program you must do the following:

- For programs that do NOT involve off-site trips, submit a written request to the hosting facility at least 2 weeks prior to the start of the program. You may elect to receive a full credit to your ParkPASS account for future programs, or a refund less a 20% Refund administrative Fee. If your written request is received within the 2 week period before the start of the program, NO credit or refund will be issued.
- For programs that involve offsite trips, submit a written request to the hosting facility at least 2 weeks prior to the start of the program. If the facility is able to 'fill' your spot from the program's waitlist, you may elect to receive a full credit to your ParkPASS account for future programs, or a refund less a 20% Refund Administrative Fee. If the facility is unable to 'fill' your spot, NO credit or refund will be issued.

All refunds will be issued to the payer in the same form (check or charge) as the payment was received. Check refunds may take 2-4 weeks to process.

Now Hiring Camp Counselors for Week in the Park!

If interested,
please contact
Cathy Laws at
Wheaton Ice
Arena,
301-649-7345.

Summer Camps & Programs

Montgomery Parks offers a wide variety of fun and educational summer programs for children of all ages. Choose a program from our Lifestyle & Learning, Nature, Science or Sports categories, or try out our new Week in the Park program. We're sure to have a program to interest any child. And with morning, afternoon and full- or multiple-day offerings, we're sure to fit your schedule as well. Please refer to page 117 for our Summer Camp and Program registration policies.

Morning Programs

Lifestyle & Learning

America's Girls Camp

Crafts, games, adventures & food! Molly's Victory Garden, Samantha's Day in the Park, Felicity's Colonial Tea field trip (offsite) & more with the rest of America's Girls (no class July 4). Contact: Sara

Brookside Nature Center

11009 8-11yrs 4 Classes \$100 7/3 M,W,Th,F 9:30am-12:30pm

Lunchtime Special (Extended Care)

On July 5-7, for those attending America's Girls Camp and/or Ice Cream Camp-Bring your own lunch and picnic in the park with the naturalist. Online or In-person registration only. Contact: Marta

Brookside Nature Center

13448 8-11yrs 3 Classes \$15 7/5 W,Th,F 12:30pm-1:00pm

Kinder Camp

For this fall's kindergarteners-my 5 senses, naturecize, pioneers, stream splash. Contact: Tina

Brookside Nature Center

11002 4-6yrs 4 Classes \$60 7/11 Tu-F 10:00am-11:30am

Prairie Life Camp

How did Laura Ingalls Wilder and her family live? We'll Explore the life and times of Laura and her family through fun activities and crafts at the historic site at the Agricultural History Farm Park.

Meadowside Nature Center

10498 8-13yrs 5 Classes \$175 7/10 M-F 9:30am-1:30pm

Past Adventures

Experience the life of pioneers and American Indians first-hand through activities, games, and crafts. Contact: Betsy

Brookside Nature Center

11007 7-9yrs 4 Classes \$70 7/18 Tu-F 10:30am-12:30pm

Nature

Amazing Animals

Animal architecture, communication, & other amazing adaptations of the animal kingdom. Contact: Tina

Brookside Nature Center

11006 6-8yrs 4 Classes \$70 7/25 Tu-F 10:00am-12:00pm

Bug Camp

A great chance to learn about, laugh about, and appreciate knowing about insects. New activities & crafts exploring life in a log, aquatic insects, meadow hoppers and fliers, and Wings of Fancy butterfly field trip. Contact: Betsy

Brookside Nature Center

11005 6-7yrs 4 Classes \$70 6/27 Tu-F 10:30am-12:30pm

Conservation Camp

Children participating in our Conservation Camps will be actively involved in ecology and conservation activities, games, hiking, and crafts. While exploring Rock Creek Regional Park we'll discover birds, plants, animals, habitats, cultural history and more. Multiple age groups

Meadowside Nature Center

10501 5-7yrs 4 Classes \$95 6/27 Tu-F 9:30am-12:00pm

10502 5-7yrs 4 Classes \$95 7/25 Tu-F 9:30am-12:00pm

10503 7-10yrs 4 Classes \$120 7/25 Tu-F 9:30am-1:30pm

10899 6-10yrs 4 Classes \$140 8/15 Tu-F 9:30am-1:30pm

Family Nature Camp

Stream study, letterboxing, backpacking overnight in Wheaton Park; Parent/Adult must register and attend at no fee. Contact: Lynette

Brookside Nature Center

11000 3-15yrs 4 Classes \$70 8/8 Tu-F 10:00am-10:00am

Hurrah for Herps

We'll explore the slippery and slithery ways of frogs, toads, salamanders, lizards, & snakes!

Locust Grove Nature Center

11362 3-4yrs 3 Classes \$60 7/5 W,Th,F 9:30am-11:30am

Natural Handcrafts

For primitive cultures, nature provided building materials, utensils, tools, clothing, dyes, food, and so much more. In this camp we'll turn to wild resources once again as we fashion & fire clay pots and, stitch moccasins, brew natural dyes, fashion a gourd ladle, & make a simple bow and arrow. These activities will teach some survival skills and appreciation for how much our cultural tradition relied on nature's bounty.

Locust Grove Nature Center

10787 8-12yrs 5 Classes \$150 6/26 M-F 9:30am-1:00pm

Nature Time For Tots

A special time for your child to learn about nature through stories, activities, and crafts geared to their age level and learning abilities. Feel free to come with your child and share with them the joy and wonder that nature offers.

Meadowside Nature Center

10504 3-5yrs 3 Classes \$40 7/5 W,Th,F 9:30am-11:00am

Nuts About Nature

Discover life under a log, rainforests, birds, and stream life with fun, hands-on activities and crafts. Contact: Sara

Brookside Nature Center

11003 6-7yrs 4 Classes \$70 6/20 Tu-F 10:00am-12:00pm
11004 6-7yrs 4 Classes \$70 8/1 Tu-F 10:00am-12:00pm

Once Upon A Trail Camp

Read nature stories, then hike & enjoy activities that bring the story 'to life'; Parent/Adult must register and attend at no fee. Contact: Sara

Brookside Nature Center

11001 4-5yrs 4 Classes \$60 6/5 M-Th 10:30am-12:00pm

Parent/Child Nature Camp

Stream study, reptiles and amphibians, birding, shark tooth beach field trip (provide own transportation). The last day meets 11am-2pm (not including drive time) Contact: Lynette

Brookside Nature Center

10999 2-5yrs 4 Classes \$65 6/12 M-Th 10:00am-12:00pm

The Art of Nature

Music, drama/puppetry, fine arts, and crafts. We'll explore outdoors, create projects, and discover how nature influences the arts. Contact: Sara

Brookside Nature Center

11011 9-13yrs 4 Classes \$85 7/17 M-Th 9:30am-12:00pm

Wiggle And Squirm Tot Camp

Learn about critters that wiggle and squirm through stories, games and fun crafts. Naturalist: Jody Powell

Meadowside Nature Center

10507 3-5yrs 3 Classes \$40 6/27 W,Th,F 9:00am-10:30am

Science**Dinosaur Days**

Fire your imagination by discovering dinosaurs (extinct but not forgotten)!

Locust Grove Nature Center

10786 4-6yrs 4 Classes \$85 6/20 Tu-F 9:30am-12:30pm

Meteorology Camp

Weather affects us at every level of our lives! From whether catastrophic or benign we'll learn how weather patterns are predicted, what instruments are used and how the forecasts get out to the public.

Meadowside Nature Center

10499 9-13yrs 4 Classes \$175 7/18 Tu-F 9:30am-1:30pm
10500 9-13yrs 4 Classes \$175 8/1 Tu-F 9:30am-1:30pm

Phun with Physics

For every action, there is an equal and opposite reaction. As budding physicists, we'll make gismos and gadgets that illustrate the basic principles of Newtonian physics & apply our discoveries to the workings of nature.

Locust Grove Nature Center

10813 6-8yrs 5 Classes \$105 7/24 M-F 9:30am-12:00pm

Snap, Crackle, Boom: Sounds of Science

In this camp we'll put things together and blow them apart, harness some energy and let it go as we explore basic science principles in a dramatic and noisy fashion.

Locust Grove Nature Center

10788 7-9yrs 4 Classes \$195 7/11 Tu-F 9:00am-12:00pm

Sports**Hockey Clinic**

This week long skating experience is designed to increase on the ice strength, while improving skating skills. The clinic includes on ice drills, game rules, strategy, and play.

Wheaton Ice Arena

11183 All Ages 5 Classes \$250 7/24 M-F 8:00am-11:45am

Ice Dance Clinic

This week of Ice Dancing is for those with a clear grasp of edges, three turns, and mohawks. The clinic includes music interpretation, dance patterns, on ice and off ice drills, along with strength building.

Wheaton Ice Arena

11181 All Ages 4 Classes \$260 7/3 M,W,Th,F 8:00am-12:00pm

11182 All Ages 5 Classes \$260 8/14 M-F 8:00am-12:00pm

Ice Skating Camp

Choose one of our half-day sessions for children ages 5-12. Skating, arts and crafts, outdoor and special activities are offered. At the end of the week, campers will enjoy a mini train ride, a movie and pizza party. Skating lesson and practice time every day will be grouped according to age and skill level. Rental skates will be provided if needed. Please print receipt/registration confirmation for important camp information.

Cabin John Ice Rink

10553 5-12yrs 5 Classes \$175 7/10 M-F 8:00am-12:00pm

10555 5-12yrs 5 Classes \$175 7/17 M-F 8:00am-12:00pm

10557 5-12yrs 5 Classes \$175 7/24 M-F 8:00am-12:00pm

10559 5-12yrs 5 Classes \$175 7/31 M-F 8:00am-12:00pm

10561 5-12yrs 5 Classes \$175 8/7 M-F 8:00am-12:00pm

10563 5-12yrs 5 Classes \$175 8/14 M-F 8:00am-12:00pm

Ice Skating Camp: Extended Care

Need to drop off and pick up your child early or late for our Summer Ice Skating Camp? Sign up for extended care from 7-8am, 12-1pm or 5-6pm. Individual days can be paid for at the facility. Please be on time to pick up your child: Late fee is \$1/min. you are late. EXTENDED CARE IS FOR ICE SKATING CAMP ONLY.

Cabin John Ice Rink

10598 5-12yrs 5 Classes \$25 7/10 M-F 7:00am-8:00am

10601 5-12yrs 5 Classes \$25 7/17 M-F 7:00am-8:00am

10604 5-12yrs 5 Classes \$25 7/24 M-F 7:00am-8:00am

10607 5-12yrs 5 Classes \$25 7/31 M-F 7:00am-8:00am

10610 5-12yrs 5 Classes \$25 8/7 M-F 7:00am-8:00am

10613 5-12yrs 5 Classes \$25 8/14 M-F 7:00am-8:00am

10599 5-12yrs 5 Classes \$25 7/10 M-F 12:00pm-1:00pm

10602 5-12yrs 5 Classes \$25 7/17 M-F 12:00pm-1:00pm

10605 5-12yrs 5 Classes \$25 7/24 M-F 12:00pm-1:00pm

10608 5-12yrs 5 Classes \$25 7/31 M-F 12:00pm-1:00pm

10611 5-12yrs 5 Classes \$25 8/7 M-F 12:00pm-1:00pm

10614 5-12yrs 5 Classes \$25 8/14 M-F 12:00pm-1:00pm

ISI Freestyle Camp

This skating camp, for Delta level skaters and above, will incorporate on ice instruction sessions: jumps, spins, edge-work, power stroking and choreography. & off ice training sessions: jumps, stretching, strength conditioning and choreography. Skaters will participate in intensive training sessions & at the end of the week, will perform in an ice show held at 12:00pm on Friday. Please print receipt/registration confirmation for important camp information.

Cabin John Ice Rink

10551	5yrs&up	5 Classes	\$275	7/24	M-F	8:00am-1:00pm
10552	5yrs&up	5 Classes	\$275	8/21	M-F	8:00am-1:00pm

Skating School

This week of skating fun for levels Alpha through Freestyle includes music interpretation, strength building, on ice and off ice workouts, and a mini show.

Wheaton Ice Arena

11172	5-14yrs	5 Classes	\$260	7/17	M-F	8:00am-12:00pm
11173	5-14yrs	5 Classes	\$260	8/7	M-F	8:00am-12:00pm

Tennis Camp-Beginner/Beginner Plus

Skills taught at this level, include the following: Warm-up exercises, Proper racquet use & stroke technique, Fundamental hitting skills-Grounds, Lobs, Volleys, Serve & Overhead. Students will learn the basic safety rules, court etiquette, and tennis vocabulary.

Cabin John Indoor Tennis

11048	7-12yrs	5 Classes	\$90	6/12	M-F	8:00am-10:00am
11049	7-12yrs	5 Classes	\$90	6/19	M-F	8:00am-10:00am
11050	7-12yrs	5 Classes	\$90	6/26	M-F	8:00am-10:00am
11051	7-12yrs	4 Classes	\$72	7/03	M,W,Th,F	8:00am-10:00am
11053	7-12yrs	5 Classes	\$90	7/10	M-F	8:00am-10:00am
11054	7-12yrs	5 Classes	\$90	7/17	M-F	8:00am-10:00am
11055	7-12yrs	5 Classes	\$90	7/24	M-F	8:00am-10:00am
11056	7-12yrs	5 Classes	\$90	7/31	M-F	8:00am-10:00am
11057	7-12yrs	5 Classes	\$90	8/07	M-F	8:00am-10:00am
11058	7-12yrs	5 Classes	\$90	8/14	M-F	8:00am-10:00am

Wheaton Indoor Tennis

15548	6-15yrs	5 Classes	\$80	6/19	M-F	9:00am-11:00am
15549	6-15yrs	5 Classes	\$80	6/26	M-F	9:00am-11:00am
15550	6-15yrs	4 Classes	\$80	7/03	M,W,Th,F	9:00am-11:00am
15598	6-15yrs	5 Classes	\$80	7/10	M-F	9:00am-11:00am
15599	6-15yrs	5 Classes	\$80	7/17	M-F	9:00am-11:00am
15600	6-15yrs	5 Classes	\$80	7/24	M-F	9:00am-11:00am
15601	6-15yrs	5 Classes	\$80	7/31	M-F	9:00am-11:00am
15602	6-15yrs	5 Classes	\$80	8/07	M-F	9:00am-11:00am
15603	6-15yrs	5 Classes	\$80	8/14	M-F	9:00am-11:00am

Tennis Camp-Intermediate/Advanced

Skills taught at this level, include understanding the fundamentals of tennis skills: Different strokes, Service return, When and where to hit the ball and How to keep score. Ground strokes, lobs, volleys, overheads and baseline rallying, as well as developing a strong understanding of tennis strategy and etiquette will also be introduced.

Cabin John Indoor Tennis

11093	7-12yrs	5 Classes	\$90	6/12	M-F	10:00am-12:00pm
11095	7-12yrs	5 Classes	\$90	6/19	M-F	10:00am-12:00pm
11096	7-12yrs	5 Classes	\$90	6/26	M-F	10:00am-12:00pm
11097	7-12yrs	4 Classes	\$72	7/03	M,W,Th,F	10:00am-12:00pm
11102	7-12yrs	5 Classes	\$90	7/10	M-F	10:00am-12:00pm
11103	7-12yrs	5 Classes	\$90	7/17	M-F	10:00am-12:00pm
11104	7-12yrs	5 Classes	\$90	7/24	M-F	10:00am-12:00pm
11105	7-12yrs	5 Classes	\$90	7/31	M-F	10:00am-12:00pm
11106	7-12yrs	5 Classes	\$90	8/07	M-F	10:00am-12:00pm
11107	7-12yrs	5 Classes	\$90	8/14	M-F	10:00am-12:00pm

Week in the Park**Week In The Park: AM**

This weekly program includes ice skating, tennis, basketball, street hockey, soccer, stream splash, nature programs, butterfly show, scavenger hunts and a ride on our miniature train and historic carousel.

Wheaton Ice Arena

11148	5&up	5 Classes	\$175	6/19	M-F	9:00am-2:00pm
11149	5&up	5 Classes	\$175	6/26	M-F	9:00am-2:00pm
11150	5&up	5 Classes	\$175	7/17	M-F	9:00am-2:00pm
11151	5&up	5 Classes	\$175	7/24	M-F	9:00am-2:00pm
11152	5&up	5 Classes	\$175	7/31	M-F	9:00am-2:00pm
11153	5&up	5 Classes	\$175	8/7	M-F	9:00am-2:00pm
11154	5&up	5 Classes	\$175	8/14	M-F	9:00am-2:00pm
11155	5&up	5 Classes	\$175	8/21	M-F	9:00am-2:00pm

Week In The Park - Extended Care**Wheaton Ice Arena**

14998	5&up	5 Classes	\$40	6/19	M-F	8:00am-9:00am
14999	5&up	5 Classes	\$40	6/26	M-F	8:00am-9:00am
15000	5&up	5 Classes	\$40	7/17	M-F	8:00am-9:00am
15001	5&up	5 Classes	\$40	7/24	M-F	8:00am-9:00am
15002	5&up	5 Classes	\$40	7/31	M-F	8:00am-9:00am
15003	5&up	5 Classes	\$40	8/7	M-F	8:00am-9:00am
15004	5&up	5 Classes	\$40	8/14	M-F	8:00am-9:00am
15005	5&up	5 Classes	\$40	8/21	M-F	8:00am-9:00am

Afternoon Programs**Lifestyle & Learning****Ice Cream Camp**

Visit a dairy farm & restaurant that makes its own ice cream (offsite field trips), learn ice cream history, and eat lots of ice cream. Contact: Marta

Brookside Nature Center

11008	8-11yrs	3 Classes	\$80	7/5	W,Th,F	1:00pm-3:30pm
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Lunchtime Special (Extended Care)

On July 5-7, for those attending America's Girls Camp and/or Ice Cream Camp-Bring your own lunch and picnic in the park with the naturalist. Online or In-person registration only. Contact: Marta

Brookside Nature Center

13448	8-11yrs	3 Classes	\$15	7/5	W,Th,F	12:30pm-1:00pm
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Nature**Gifts From Nature**

Handmade paper journal, batik, weaving, & natural dyes, handcrafted candles and pressed flower art. Contact: Lynette

Maydale Park-1638 Maydale Drive

11013	10-14yrs	4 Classes	\$100	7/11	Tu-F	1:00pm-4:00pm
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Night Adventures Camp

Night insects, frogs, flying squirrels, bats, and campfire dinner on July 6; Parent/Adult must register and attend at no fee.

**Note: July 6 meets from 6:30-9 pm. ** Contact: Lynette

Brookside Nature Center

11016	3-15yrs	3 Classes	\$45	6/22	Th	7:30pm-9:00pm
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For detailed information on our camp policies, please refer to page 106.

Sports

Hockey Camp

Our hockey camp will focus on skating, stick handling and off-ice fitness. Skaters will be assigned to groups according to skill level. Elements of power skating, passing and shooting, while incorporating various games to make this a fun filled week! This camp is intended for skaters at a beginner plus (learning forward crossovers) to intermediate level. Please print receipt/registration confirmation for important camp information.

Cabin John Ice Rink

10549	6-13yrs	5 Classes	\$250	8/7	M-F	12:30pm-3:30pm
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Ice Skating Camp

Choose one of our half-day sessions for children ages 5-12. Skating, arts and crafts, outdoor and special activities are offered. At the end of the week, campers will enjoy a mini train ride, a movie and pizza party. Skating lesson and practice time every day will be grouped according to age and skill level. Rental skates will be provided if needed. Please print receipt/registration confirmation for important camp information.

Cabin John Ice Rink

10554	5-12yrs	5 Classes	\$175	7/10	M-F	1:00pm-5:00pm
10556	5-12yrs	5 Classes	\$175	7/17	M-F	1:00pm-5:00pm
10558	5-12yrs	5 Classes	\$175	7/24	M-F	1:00pm-5:00pm
10560	5-12yrs	5 Classes	\$175	7/31	M-F	1:00pm-5:00pm
10562	5-12yrs	5 Classes	\$175	8/7	M-F	1:00pm-5:00pm
10564	5-12yrs	5 Classes	\$175	8/14	M-F	1:00pm-5:00pm

Ice Skating Camp Extended Care

Need to drop off and pick up your child early or late for our Summer Ice Skating Camp? Sign up for extended care from 7-8am, 12-1pm or 5-6pm. Individual days can be paid for at the facility. Please be on time to pick up your child: Late fee is \$1/min. you are late. EXTENDED CARE IS FOR ICE SKATING CAMP ONLY.

Cabin John Ice Rink

10599	5-12yrs	5 Classes	\$25	7/10	M-F	12:00pm-1:00pm
10602	5-12yrs	5 Classes	\$25	7/17	M-F	12:00pm-1:00pm
10605	5-12yrs	5 Classes	\$25	7/24	M-F	12:00pm-1:00pm
10608	5-12yrs	5 Classes	\$25	7/31	M-F	12:00pm-1:00pm
10611	5-12yrs	5 Classes	\$25	8/7	M-F	12:00pm-1:00pm
10614	5-12yrs	5 Classes	\$25	8/14	M-F	12:00pm-1:00pm
10600	5-12yrs	5 Classes	\$25	7/10	M-F	5:00pm-6:00pm
10603	5-12yrs	5 Classes	\$25	7/17	M-F	5:00pm-6:00pm
10606	5-12yrs	5 Classes	\$25	7/24	M-F	5:00pm-6:00pm
10609	5-12yrs	5 Classes	\$25	7/31	M-F	5:00pm-6:00pm
10612	5-12yrs	5 Classes	\$25	8/7	M-F	5:00pm-6:00pm
10615	5-12yrs	5 Classes	\$25	8/14	M-F	5:00pm-6:00pm

Tennis Camp-Beginner/Beginner Plus

Skills taught at this level, include the following: Warm-up exercises, Proper racquet use & stroke technique, Fundamental hitting skills-Grounds, Lobs, Volleys, Serve & Overhead. Students will learn the basic safety rules, court etiquette, and tennis vocabulary.

Cabin John Indoor Tennis

11061	7-12yrs	5 Classes	\$90	6/12	M-F	1:00pm-3:00pm
11063	7-12yrs	5 Classes	\$90	6/19	M-F	1:00pm-3:00pm
11065	7-12yrs	5 Classes	\$90	6/26	M-F	1:00pm-3:00pm
11068	7-12yrs	4 Classes	\$72	7/03	M,W,Th,F	1:00pm-3:00pm
11069	7-12yrs	5 Classes	\$90	7/10	M-F	1:00pm-3:00pm
11083	7-12yrs	5 Classes	\$90	7/17	M-F	1:00pm-3:00pm
11088	7-12yrs	5 Classes	\$90	7/24	M-F	1:00pm-3:00pm
11089	7-12yrs	5 Classes	\$90	7/31	M-F	1:00pm-3:00pm
11090	7-12yrs	5 Classes	\$90	8/7	M-F	1:00pm-3:00pm
11091	7-12yrs	5 Classes	\$90	8/14	M-F	1:00pm-3:00pm

Wheaton Indoor Tennis

15604	6-15yrs	5 Classes	\$80	6/19	M-F	5:00pm-7:00pm
15605	6-15yrs	5 Classes	\$80	6/26	M-F	5:00pm-7:00pm
15606	6-15yrs	4 Classes	\$80	7/03	M,W,Th,F	5:00pm-7:00pm
15607	6-15yrs	5 Classes	\$80	7/10	M-F	5:00pm-7:00pm
15608	6-15yrs	5 Classes	\$80	7/17	M-F	5:00pm-7:00pm
15609	6-15yrs	5 Classes	\$80	7/24	M-F	5:00pm-7:00pm
15648	6-15yrs	5 Classes	\$80	7/31	M-F	5:00pm-7:00pm
15649	6-15yrs	5 Classes	\$80	8/07	M-F	5:00pm-7:00pm
15650	6-15yrs	5 Classes	\$80	8/14	M-F	5:00pm-7:00pm

Tennis Camp-Intermediate/Advanced

Skills taught at this level, include understanding the fundamentals of tennis skills: Different strokes, Service return, When and where to hit the ball and How to keep score. Ground strokes, lobs, volleys, overheads and baseline rallying, as well as developing a strong understanding of tennis strategy and etiquette will also be introduced.

Cabin John Indoor Tennis

11108	7-12yrs	5 Classes	\$90	6/12	M-F	3:00pm-5:00pm
11109	7-12yrs	5 Classes	\$90	6/19	M-F	3:00pm-5:00pm
11110	7-12yrs	5 Classes	\$90	6/26	M-F	3:00pm-5:00pm
11111	7-12yrs	4 Classes	\$72	7/3	M,W,Th,F	3:00pm-5:00pm
11112	7-12yrs	5 Classes	\$90	7/10	M-F	3:00pm-5:00pm
11114	7-12yrs	5 Classes	\$90	7/17	M-F	3:00pm-5:00pm
11115	7-12yrs	5 Classes	\$90	7/24	M-F	3:00pm-5:00pm
11116	7-12yrs	5 Classes	\$90	7/31	M-F	3:00pm-5:00pm
11117	7-12yrs	5 Classes	\$90	8/7	M-F	3:00pm-5:00pm
11118	7-12yrs	5 Classes	\$90	8/14	M-F	3:00pm-5:00pm

Week in the Park Summer Camp 2006!

Full day & Half day Programs June 19–August 25

Sign up for our new Week in the Park program this Summer and enjoy tennis, ice-skating, baseball/softball, nature hikes and programs, a ride on the miniature train, and carousel, and much more.

Information at www.mcsummerprograms.com. Sign up at www.ParkPASS.org

Week in the Park

Week In The Park: PM

This weekly program includes ice skating, tennis, basketball, street hockey, soccer, stream splash, nature programs, butterfly show, scavenger hunts and a ride on our miniature train and historic carousel.

Wheaton Ice Arena

11156	5&up	5 Classes	\$175	6/19	M-F	12:00pm-5:00pm
11157	5&up	5 Classes	\$175	6/26	M-F	12:00pm-5:00pm
11158	5&up	5 Classes	\$175	7/17	M-F	12:00pm-5:00pm
11159	5&up	5 Classes	\$175	7/24	M-F	12:00pm-5:00pm
11160	5&up	5 Classes	\$175	7/31	M-F	12:00pm-5:00pm
11161	5&up	5 Classes	\$175	8/7	M-F	12:00pm-5:00pm
11162	5&up	5 Classes	\$175	8/14	M-F	12:00pm-5:00pm
11163	5&up	5 Classes	\$175	8/21	M-F	12:00pm-5:00pm

Full Day Programs

(SINGLE DAY)

Merit Badge

Boy Scout Merit Badge: Forestry

Learn about the woodlands of Rock Creek Park as we discuss tree and plant identification, forest succession, uses of timber and fire as a management tool. Bring a bag lunch.

Meadowside Nature Center

10969	10-18yrs	1 Classes	\$40	8/8	Tu	10:00am-2:30pm
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Boy Scout Merit Badge: Geology

What makes up the ground we walk on? We'll learn about fossils, rocks, minerals, and soil composition as we tackle the requirements for this badge. Bring a bag lunch.

Meadowside Nature Center

10965	10-18yrs	1 Classes	\$40	8/9	W	10:00am-2:30pm
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Boy Scout Merit Badge: Indian Lore

Learn about the Eastern Woodland Indians and other tribes as we discuss hunting, fishing, home building, tool making, sign language and lore, & other skills employed by the Native Americans.

Meadowside Nature Center

10963	10-18yrs	1 Classes	\$40	8/7	M	10:00am-2:30pm
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Boy Scouts Merit Badge: Mammal Study

Learn about the mammals, discover their role in the environment and how they manage in suburbia. Completion of both parts is required in order to meet the merit badge requirements.

Meadowside Nature Center

10971	10-18yrs	1 Classes	\$40	8/10	Th	10:00am-2:30pm
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Full Day Programs

(MULTIPLE DAY)

Lifestyle & Learning

Adult Studies & MSDE Tchrs Butterflies

This three day (15 hours), one MSDE credit course will help you to gain skills in butterfly identification and knowledge of the life histories of local butterflies of the Maryland piedmont geophysical province. Includes van trips to wild habitats in local parks and butterfly gardens and take home items: Resource notebook, Insect net, Butterfly field guide and Caterpillar rearing cage. FOBH \$ 92 Naturalist: Denise Gibbs.

Black Hill Visitor Center

11119	18yrs&up	3 Classes	\$115	7/24	M,Tu,W	9:30am-3:00pm
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Adult Studies: Dragonflies For Beginners

Travel by van to visit local lakes, ponds, marshes and the Potomac River to identify dragonflies and observe their behaviors. Take home a field guide and key to dragonflies, insect net and magnifying lens. Binoculars provided. Bring your own lunch and water. FOBH \$72. Naturalist: Denise Gibbs

Black Hill Visitor Center

11092	18yrs&up	3 Classes	\$90	8/7	M,Tu,W	10:00am-3:00pm
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Nature

Be Kind To Animals Camp

All new field trips (offsite)! Meet professionals who work with and care for different types of wild and domestic animals Contact: Marta

Brookside Nature Center

11010	9-12yrs	4 Classes	\$140	8/21	M-Th	10:00am-3:00pm
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Granola Kids Camp

Join the fun while we will learn all about organic foods and visit an organic farm, learn and enjoy healthful activities each day including yoga, hiking, relaxation/breathing techniques, fun outdoor games and more! We'll even go on a grocery store scavenger hunt! Healthy, organic snacks and lunch provided each day. Naturalist: Jody Powell

Meadowside Nature Center

10506	10-13yrs	1 Classes	\$185	7/11	Tu-F	9:00am-3:00pm
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Park Rangers

Hike, bike, boat, and explore some of Montgomery County's most spectacular parks. From green forests to serpentine barrens, trails to train tracks, we'll visit a different park each day for fun, activities, and adventure. Camp held at Adventure Conservation Park in Potomac.

Locust Grove Nature Center

10815	7-10yrs	5 Classes	\$275	7/31	M-F	9:00am-3:00pm
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Science

Archaeology Workshop

We'll be introduced to archaeology as we work side-by-side with Park Archaeologists on an archaeological site. A small group, hands-on setting, activities include: Excavation, Lab projects, and a Field trip. The advanced groups' experience will be more in-depth and intense. For details, call the Office of History and Archaeology at 301-840-5848.

Needwood Mansion

11174	10-15yrs	5 Classes	\$226	6/26	M-F	9:00am-3:00pm
11175	10-15yrs	5 Classes	\$226	7/3	M-F	9:00am-3:00pm
11176	10-15yrs	5 Classes	\$226	7/17	M-F	9:00am-3:00pm

Camp
Registration
is open now.

Register today at www.parkpass.org

Archeology Workshop-Extended Care

This is an extended session for the children's summer workshop.

Needwood Mansion

11178	10-15yrs	5 Classes	\$55	6/26	M-F	3:00pm-5:00pm
11179	10-15yrs	5 Classes	\$55	7/10	M-F	3:00pm-5:00pm
11180	10-15yrs	5 Classes	\$55	7/17	M-F	3:00pm-5:00pm

Rockin' Geology

Experience geology through offsite field trips to the mountains, Bay, underground and downtown. Contact: Betsy

Brookside Nature Center

11014	11-14yrs	4 Classes	\$140	7/11	Tu-F	9:00am-2:00pm
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Water World

Investigations of a wet, wild, and refreshing kind. A special field trip on Thursday 7/20 is included.

Locust Grove Nature Center

10812	8-11yrs	4 Classes	\$135	7/18	Tu-F	9:30am-1:30pm
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Wild About Water Camp

All new offsite field trips! 'Hands-on' water exploration & daily field trips to marsh, river, pond, stream & Chesapeake Bay. Contact: Tina

Brookside Nature Center

11012	10-13yrs	4 Classes	\$140	8/15	Tu-F	10:00am-3:00pm
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Sports**Advanced Fishing Camp**

Experience an exciting mixture of fun, fishing and adventure! Take your skills and knowledge to the next level while learning the latest techniques. Camp includes two additional mandatory checkout evenings (June 21, 6-9pm & June 23, 4-9pm) where we will review your tackle and make recommendations (if needed), go over knots, sharpening and walk through a tackle dept. for an overview. Our second checkout evening will cover reading the waters, casting, back reeling, basic lures and techniques. FOBH \$165

Black Hill Visitor Center

11094	12-17yrs	4 Classes	\$170	7/11	Tu-F	8:00am-5:00pm
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Beginning Fishing Camp

This is a fun in-depth fishing camp that will teach how, when & where to catch freshwater fish! Hands-on instruction covers balanced tackle, live bait, artificial lure selection, knots, casting, & effective techniques for our area and local hot spots. Camp includes two additional mandatory checkout evenings (June 21, 6-9pm & June 23, 4-9pm) where we will review your tackle, make recommendations (if needed), go over knots, hook sharpening and walk through a tackle depart. for an overview. Our second checkout evening will cover reading the waters, casting, back reeling, basic lures and techniques. Bring your rod, reel and tackle set up in order to practice skills. During camp we will fish on Little Seneca Lake from rowboats. FOBH \$165

Black Hill Visitor Center

11120	12-17yrs	4 Classes	\$170	6/27	Tu-F	8:00am-5:00pm
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High Adventure Camp

Offsite field trips: Rock climbing, Whitewater tubing, Kayaking, & Whitewater rafting! Includes equipment, transportation, professional instruction, and guides. Contact: Tina

Brookside Nature Center

11015	14-17yrs	4 Classes	\$300	6/19	M-Th	9:00am-5:00pm
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River Adventures Kayak Camp

Beginner paddlers will learn the prerequisites for successful kayaking on flatwater and in gentle river waters. Equipment, safety considerations, basic strokes, entries, exits (wet and dry), boat control, self-rescue, reading the water, river hazards, transport of kayaks safely, knots and hitches, kayak characteristics and associated equipment and their use will be covered using approved ACA instructional manual and certified ACA kayak instructors. Includes van transportation for instruction on Class I moving water and all necessary equipment. Come prepared with water shoes or strap-on sandals, a brimmed hat, sunglasses with keeper strap and sunscreen for being out on the water. FOBH \$100

Black Hill Visitor Center

11098	12-17yrs	3 Classes	\$125	6/21	W,Th,F	9:00am-5:00pm
11099	12-17yrs	3 Classes	\$125	7/19	W,Th,F	9:00am-5:00pm
11113	12-17yrs	3 Classes	\$125	8/16	W,Th,F	9:00am-5:00pm

Week in the Park**Week In The Park: Full Day**

This weekly program includes ice skating, tennis, basketball, street hockey, soccer, stream splash, nature programs, butterfly show, scavenger hunts and a ride on our miniature train and historic carousel.

Wheaton Ice Arena

11164	5&up	5 Classes	\$250	6/19	M-F	9:00am-5:00pm
11165	5&up	5 Classes	\$250	6/26	M-F	9:00am-5:00pm
11166	5&up	5 Classes	\$250	7/17	M-F	9:00am-5:00pm
11167	5&up	5 Classes	\$250	7/24	M-F	9:00am-5:00pm
11168	5&up	5 Classes	\$250	7/31	M-F	9:00am-5:00pm
11169	5&up	5 Classes	\$250	8/7	M-F	9:00am-5:00pm
11170	5&up	5 Classes	\$250	8/14	M-F	9:00am-5:00pm
11171	5&up	5 Classes	\$250	8/21	M-F	9:00am-5:00pm

Week In The Park - Extended Care

Extended Care for Week In The Park Program.

Wheaton Ice Arena

14998	5&up	5 Classes	\$40	6/19	M-F	8:00am-9:00am
14999	5&up	5 Classes	\$40	6/26	M-F	8:00am-9:00am
15000	5&up	5 Classes	\$40	7/17	M-F	8:00am-9:00am
15001	5&up	5 Classes	\$40	7/24	M-F	8:00am-9:00am
15002	5&up	5 Classes	\$40	7/31	M-F	8:00am-9:00am
15003	5&up	5 Classes	\$40	8/7	M-F	8:00am-9:00am
15004	5&up	5 Classes	\$40	8/14	M-F	8:00am-9:00am
15005	5&up	5 Classes	\$40	8/21	M-F	8:00am-9:00am

Now Hiring Counselors!

If you're interested in joining the Parks team as a counselor this summer, please contact the Enterprise Office at 301-495-2530.



**Saturday
July 1, 2006**

**At the Soccerplex
in Boyds, Maryland**

Germantown Glory

**A Celebration of America
for everyone!**



Family activities start at 5:00 pm

**Patriotic concert by the
Baltimore Symphony Orchestra at 7:30 pm
featuring favorite American music**

Fireworks at 9:30 pm

**For more information,
call 240-777-6820, or see
www.montgomerycountymd.gov/rec**



Montgomery Parks

Maryland-National Capital Park and Planning Commission

Before You Register

- Open a ParkPASS account (go to www.ParkPASS.org)
- Identify the program information (course number is needed)

Ready to Register?



By Internet

Internet registration is available 24 hours a day starting at 7am on the 1st day of registration. Know your Customer Number and Account PIN and visit www.parkpass.org. You may view classes and activities, sign up, make a payment, and view your family's current registrations.



In person or by mail or fax

Complete the registration form. You may take the completed registration form in person to any of our ParkPASS facilities. Or you may mail or fax the registration form to the facility offering the program (copies are acceptable). Faxed registrations require credit card payment. A listing of the facility addresses, faxes, and phone numbers is on page 79.



By phone

Touch-tone telephone registration is available 24 hours a day starting at 7am on the 1st day of registration. Call 301-962-1477 and follow the prompts.

Questions?

If you have a question about a specific class or activity, call the facility offering the program (see page 79 for facility phone numbers). If you have a question about the ParkPASS system, call our ParkPASS Help Desk, Monday-Friday, 10am-2pm, at 301-495-2580 or e-mail the Help Desk at mcp-parkpasshelp@mncppc-mc.org.

Confirmation

Confirmation letters will not be mailed. If a class is full, you will receive a phone call asking if you want to a) be placed on the waitlist, b) choose another class, or c) cancel your request. If you wish to confirm your registration, please contact the facility directly using the facility phone number listed on page 79.

Payment Information

- Full payment must be made at the time of registration.
- VISA or MasterCard are accepted. Registration form must include correct credit card number, expiration date, authorized signature, and authorized amount.
- Make checks and money orders payable to M-NCPPC. Checks and money orders must include name, address, home and work phone numbers, driver's license number, and participant's full name. A \$35 fee will be charged for all returned checks.
- Financial assistance - A 50% fee reduction on programs is available to eligible Montgomery County residents. See www.parkpass.org for information and application form.
- If you don't want to use a credit card, you may stop by any of our ParkPASS facilities (listed on page 79) and register in person or make a payment on your account. Those funds will then be available to you next time you call or log on to register using ParkPASS.
- Rest assured that your account information is secure. M-NCPPC uses the latest in payment security. Collection and retention of customer information is confidential. We do not give, share, sell, transfer, or rent any personal information to third parties.

Refund Policy

In the event that M-NCPPC cancels a program, you will be notified and will receive a full credit on your ParkPASS account or, at your request, a full refund.

In order to withdraw from a program, submit a written request to the hosting facility. If it is received at least one business day before the program begins, you may elect to receive a full credit to your ParkPASS account for future programs, or a refund less a 20% Refund Administrative Fee. For programs with fees less than \$10, you will receive a credit to your ParkPASS account only; no refunds will be given.

If your written withdrawal request is received the day of the program, no refund will be given for that class. If the program has multiple classes and you submit a written request after the 1st class, you will receive a credit to your ParkPASS account or a refund for the remaining classes less a 20% Refund Administrative Fee. No credit or refund will be issued after the 2nd class in a series.

No refund or credit will be issued for classes missed by the participant. No refund requests will be considered after the last scheduled date of the program.

All refunds will be issued to the payer in the same form (check or charge) as the payment was received. Check refunds may take 3-4 weeks to process.

Some activities have different refund/withdrawal policies that supersede this standard policy.

INFORMATION

Montgomery County Recreation Department

Five Ways to Register



RecWeb Online registration at <http://recweb.montgomerycountymd.gov>.



STARline members may register by using our telephone automated registration system. To become a STARline member, complete the application on page 24. STARline registration number is 240-777-8277.



Fax 240-777-6818

Faxed registrations must be paid by VISA or MasterCard. Due to high volume, we are unable to confirm receipt of faxes. To avoid duplication, do not mail your original form.



Mail or drop off



Full Service in person

Montgomery County Recreation Department
Attention: Registrar
4010 Randolph Road
Silver Spring, MD 20902-1099

Phone: 240-777-6840

Monday-Friday, 8:30am-5:00pm

Registration is also available at all Regional Service Centers (see listing on page 75).

Payment Information

- Full payment must be made at time of registration. Do not submit registrations and/or payments to the instructor at the program. (See *Five Ways to Register*, above.)
- Non-county residents must pay an additional \$10.00 per participant per activity.
- Make checks and money orders payable to MCRD. Checks and money orders must include name, address, home and work telephone numbers, driver's license number, and participant's full name.
VISA or MasterCard payments are accepted. Registration form must include correct credit card number, expiration date, authorized signature, and authorized amount.
- Financial assistance is available to county residents who are recipients of assistance from other Montgomery County agencies. Eligibility is based on proof of that assistance. A financial assistance application form may be picked up at any recreation office, community center, or swim center. You may also obtain an application by calling 240-777-6840; or through the internet: montgomerycountymd.gov/rec.
- The Department of Recreation reserves the right to pursue all available options to collect any funds owed as the result of a dishonored check or credit card, charges incurred due to unsubstantiated credit card disputes, or any outstanding debt.

If your check is returned unpaid, your account will be debited electronically for the original check amount and electronically or via paper for the state's maximum allowable service fee. Payment by check constitutes authorization of these transactions. You may revoke your authorization by calling 800-666-5222 ext. 2 to arrange payment due for any outstanding checks and service fees due.

Withdrawal and Refund Guidelines

The withdrawal and refund policy pertains to all Recreation Department programs unless otherwise noted in the program description or facility rental agreement.

Withdrawal Request Received:	Submit a <u>Written</u> Request:	Withdrawal Fee Charged:
Eight (8) days or more before the start date of the program...	Mail: MCRD, Attention Refund Request 4010 Randolph Road Silver Spring, MD 20902 Fax: 240-777-6818 E-mail: rec.refund@montgomerycountymd.gov Online: recweb.montgomerycountymd.gov	No Fee
Seven (7) days or less before the start date of the program...	By mail, fax, or e-mail. Online withdrawal not available	\$20 Fee per program
On or after the start date of the program...	By mail, fax, or e-mail. Online withdrawal not available.	\$20 Fee per program plus a pro rated charge for the number of classes that have met.
After the last scheduled date of the program...	No requests will be considered.	No Refund

If the Department cancels a program, changes a location or time and you cannot attend, or the program is full, you will receive a full credit to your Recreation Department account or a refund.

Your written request must include the participant's name, payer's name, address, phone number, course number, and reason for withdrawal. All credits will be posted to your Recreation Department account unless a refund is specifically requested.

All refunds will be issued to the payer in the same form (check or charge) as the payment was received. Refunds will be processed within 2-3 weeks of receipt of your written request.

Two Separate Agencies One Registration Form



Read our Detailed Registration Information

(on pages 114 and 115)



Registration Form



This form may be duplicated.

Main Contact

Last Name		First Name		Birth Date mm/dd/yy		Gender M/F		Grade	
First Name		Middle Initial		1)					
Birth Date		Gender		2)					
Street Address				3)					
City		State		ZIP					
Home Phone		Work Phone		Address		Phone			
Cell Phone		Email		City		State		Zip	

Payer Information (Name)

SIGN UP BELOW FOR RECREATION PROGRAMS (Blue Section) ONLY

Participant's Name (last, first)	Birth Date	Gender m/f	School Attending	Class/Activity Title	Course Number	Location	Recreation Dept. Fee

☐ Check or Money Order payable to **MCRD**

Attn: Registrar, 4010 Randolph Road, Silver Spring, MD 20902

☐ MasterCard or Visa Cardholder Name (print) _____

Number _____ Exp date _____ Signature _____ Date _____

If paying by credit card, you may **fax** your registration form to **240-777-6818**. If you need help completing the Recreation portion of this form, please call 240-777-6840.

If you are a non-resident, include an additional \$10 per participant for each activity:

RECREATION Programs Fee Total: _____

SIGN UP BELOW FOR PARKS PROGRAMS (Green Section) ONLY

Participant's Name (last, first)	School Attending	Class/Activity Title	Course Number	Location	Start Date	Start Time	Parks Fee

☐ Check or Money Order payable to **M-NCPPC** (Please mail to the ParkPASS facility offering the program. Listing on page 79.)

☐ MasterCard or Visa Cardholder Name (print) _____

Number _____ Exp date _____ Signature _____ Date _____

If paying by credit card, you may **fax** your registration form to **the ParkPASS facility offering the program**. Listing on page 79.

PARKS Programs Fee Total: _____

The participant assumes all risks associated with participation in the program. MCRD & M-NCPPC assume no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, MCRD & M-NCPPC encourage each participant to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to MCRD & M-NCPPC use of any photographs taken or video tapes made of the program. If the participant is a minor, the parent or guardian approves his or her participation in the program. Neither the instructor nor any of the staff are responsible for children prior to or after the scheduled program.

Participant or Parent/Guardian Signature _____ Date _____



Week in the Park

Summer Camp 2006

Your child will enjoy a week full of **ice skating, tennis, nature programs** and **hikes, basketball, hockey, softball,** and **train rides** through the park, as well as a peek at the **Brookside Gardens butterfly show!**

Nine weekly sessions:

June 19-23

June 26-30

July 10-14

July 17-21

July 24-28

July 31-August 4

August 7-11

August 14-18

August 21-25

**Montgomery
Parks**
M-N-C-P-P-C

It's all right here!

- ★ Full day and half-day sessions for children ages 5-12.
- ★ Full day programs run from 9am - 5pm. Half-day programs run from 9am - 2pm and 12pm - 5pm.
- ★ Extended care is available from 8am - 9am.



301-649-3640
MCSummerPrograms.com



DEPARTMENT OF
RECREATION

Montgomery County
Department of Recreation
4010 Randolph Road
Silver Spring, Maryland 20902

PRSRT STD
US Postage Paid
Rockville, MD
Permit No.138



Montgomery County Recreation
Department recycles paper, bottles,
and cans in our programs.

or current resident